



Client Intake Form

Full Name: _____ DOB: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____

Current Weight: _____ Height: _____

Current Calorie/Macro Intake (if known): _____

Occupation: _____ IG Handle: _____

Emergency Contact/Relationship: _____ Phone #: _____

Medical Health Conditions: _____

Physical Injuries/Surgeries including date: _____

Current Medications: _____

Current Vitamins/Supplements: _____

Food Allergies: _____

Food Aversions: _____

Years of Lifting Experience: _____ Rate your lifting form (1-10): _____

Describe your overall fitness experience (Have you played any sports? Competed in anything? Belonged to any type of group fitness like CrossFit or Burn Boot Camp? Were you a runner? Etc.)

In as much detail as possible, describe your short term (3-6 month) and long term (1+ year) goals:

Are you willing/able to dedicate 1-2 hours per week to meal preparation and a minimum of 4 hours per week to training and exercise to reach your goals? Yes No

Are you willing/able to spend 5 minutes in the morning to send progress pictures (if required - typically once every 1-2 weeks) to track your progress and goals? Yes No

Explain why you're hiring a coach to help reach your goals and what you expect from your experience:

Explain why you think Vogue Strength and Wellness is the right fit for you:

I hereby certify that all of the information provided by me in this document is correct, accurate and complete to the best of my knowledge.

Client Signature: _____ Date: _____