

Main contact information

 Date _____
 (YYYY-MM-DD)

Last Name _____ (Print) First Name _____ (Print)

Contact Phone Number _____ Email _____

Preferred method of contact: _____ Age _____

Service Requested:

- Program Design
 Partner Training
- Individual Session/Continuous Training: Ideal # of sessions per week _____

Facility Preference:
 Millennium Place
 Glen Allan Recreation Complex
 Ardrossan Recreation Complex

Trainer Preference:
 Male
 Female
 No Preference

Availability: Check the time blocks you are available

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							

Morning: 5:00 am-12:00 pm Afternoon: 12:00 pm-5:00 pm Evening: 5:00 pm-11:00 pm

- Goals:**
-
- Lose weight
-
- Gain muscle
-
- Sport Specific
-
-
- Rehabilitation / Recovery
-
- Training for a specific event / competition
-
- Other

What is your experience with exercise/physical activity, and what are you wanting to focus on in your training session(s)?**Collection and Use of Personal Information**

 Personal information is collected under the authority of section 33(c) of the *Freedom of Information and Protection of Privacy Act* and will be used as part of Recreation, Parks and Culture's Fitness Appraisal Program. If you have any questions about the collection or use of this information, contact the Manager of Finance and Business Operations at 780-467-2211.

Do you have any past injuries or surgeries we should know about?

Are you currently living with a chronic medical condition that we should know about? Yes No

Comments/Additional Information:

If you have any questions about this program or completing this form, please contact a fitness technician at 780-416-7212.

PRESCREEN: TRAINER USE ONLY	
Date: _____	Done by: _____
Resting Heart Rate: _____	Resting Blood Pressure: _____

Collection and Use of Personal Information

Personal information is collected under the authority of section 33(c) of the Freedom of Information and Protection of Privacy Act and will be used in the management and administration of the Fitness Appraisal Program. If you have questions about the collection, use or disclosure of this information, contact the Manager of Finance and Business Operations at 780-467-2211.