



Intake Form

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Name

Lizz Test

Email

lizzglass@att.net

Date of Birth

01/01/1990



How did you hear about SPENGA?

My friend Sarah Gray told me about it

Rate your current fitness level

☐ 1 ☐ 2 ☐ 3 ☒ 4 ☐ 5

Do you have any injuries or limitations we should be aware of?

Shoulder injury

Where do you currently work out?

Home

Have you belonged to a fitness center before?

☒ Yes ☐ No

Golds Gym

What are you looking to get out of SPENGA?

☐ Cardio ☐ Strength ☐ Yoga ☐ Community ☐ Other

Community & Strength

How many days per week do you currently exercise?

☐ 1 ☐ 2 ☐ 3 ☒ 4 ☐ 5 ☐ 6 ☐ 7

How many days per week would you like to workout?

☐ 1 ☐ 2 ☒ 3+

She wants to come Monday, Wednesday, & Friday

How do you see SPENGA fitting into your schedule?

☐ In addition to current routine ☒ Replace current routine

Not happy at Golds Gym. Looking for an instructor to be with her the whole time and for someone to show her what to do.

When do you like to work out?

☒ Morning ☐ Afternoon ☐ Evening

5:00am will work best for her before work

What is your number 1 fitness goal?

☐ Feel Better ☒ Move Better ☐ Look Better

Tell me more about {x}?

She wants to move better so she can play tennis with her friends and to be able to help more with her grandkids

Why do you want this so badly?

It makes her sad to not be able to pick up her grandkids and she feels like she is missing out on time with them. She is also looking for a community of like-minded people. She moved here 2 years ago and just feels like she hasn't really "fit in" anywhere yet.