

## REACTIV8 Personal Training Enquiry Form

If you are thinking about receiving some personal training to get leaner, stronger or fitter, please complete our simple online form and one of our qualified trainers will contract you to discuss your personal fitness goals.

First name\*

Surname\*

Date

### Contact Details

Home

Mobile

Email\*

What type of sessions are you Interested in?\*

- Reactiv8 8-week programme
- Standard 1 hour sessions
- Bootcamp/group training programmes

What is your primary goal for Personal training?\*

- Fat loss
- Tone and Condition
- Increase lean mass
- Sports conditioning
- Rehabilitation
- General health and fitness

What is your current health status?\*

- Good Health
- Most often good health
- Some minor ailments
- Often in poor health
- Overall poor health

Are you currently engaged in regular exercise?\*

- Yes
- No

How often do you train?\*

- 1-2 times/wk
- 2-4 times/wk
- >4 times/wk

How long have you been Training for?\*

- <6 months
- 6 months – 1 year
- >1 year

What days are you available for a personal training session?\*

- Any day
- Weekdays only
- Weekends only

What time would best suit you?\*

- Anytime
- Day time
- Late/evening
- Early/morning

Current NSL membership status\*

- Member
- Non-Member
- Staff

How would you like us to contact you?\*

- Phone
- Email

Please make sure the email field above is filled in.

- Increase lean mass
  - Sports conditioning
  - Rehabilitation
  - General health and fitness