WELCOME TO LEVEL UP FITNESS!

I am so pleased to have you on board and have chosen Level Up Fitness to work towards your fitness and health goals with. You have flown over that first hurdle of getting in touch so let’s now work towards overcoming the rest!

You will need approximately 30 minutes to fully complete this part of the registration (there is a physical part at the end).

Once this is done we will arrange an online meeting to discuss things in more detail and at the end of that I will be providing you with your first week’s programme 😊

Physical Activity Readiness Questionnaire (PARQ) and you.

Are you fit and well to be taking part in physical activity? If you are unsure please refer to the document attached to this link for further clarification.

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_

Please complete this form as honestly as you can as this will allow us to set the most appropriate and, therefore, achievable goals. No information will be shared any further and will only be kept while you remain a client of Level Up Fitness. If there is any information you would rather not share for any reason, please feel free to reach out and get in touch to discuss this or to simply let me know.

I understand that Level Up Fitness will only use my personal information for the purposes of setting up and continuing working towards the health and fitness goals discussed. I will provide honest information to allow Level Up Fitness to programme safe and effective exercise plans. I understand that failure to provide accurate information means that I am increasing the risk associated with physical activity for myself and that this would not be because of the recommendations received from Level Up Fitness.

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- |
| What is/are your goals that have led you to contacting Level Up Fitness? (Select as many as are relevant to you) | | | | | | | |
| Fat Loss | Fitness Improvement | | Strength Building | | Running Times | Muscle Building | Injury Rehab/ Recovery |
| Confidence/ Self-Esteem | Stress Management | Other (please state): | |  | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Your current personal stats: | | | | | |
| Height: |  | Weight: |  |  |  |
| Chest: |  | Waist: |  | Hips: |  |
| Right Thigh: |  | Left Thigh: |  |  |  |
| Right Upper Arm: |  | Left Upper Arm: |  |  |  |

|  |  |
| --- | --- |
| Your current activity:  Please provide as much detail as you can of a typical week of exercise. (REMEMBER, It DOES NOT MATTER if this looks a little empty at this stage so PLEASE be honest) | |
| Monday: |  |
| Tuesday: |  |
| Wednesday: |  |
| Thursday: |  |
| Friday: |  |
| Saturday: |  |
| Sunday: |  |

|  |
| --- |
| What are your current (if any) barriers to exercising? What do you feel can stop you from doing as much as you would like to AND what are the excuses that you find yourself using? |
|  |

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| --- | --- | --- | --- | --- |
| Please perform each of these exercises for ONE MINUTE EACH and note down how many you achieve of each.  (Please remain honest as this is just a guide to further assist Level Up Fitness in setting the most appropriate and effective sessions for you).  Please use the links to view videos of each exercise if you are unsure on the correct technique or for the different levels of each exercise) | | | | |
| Push Ups (Choose Level 1 or 2) | Level 1: | | Level 2: | |
| Bodyweight Squats |  | | | |
| Squat Jumps (optional) |  | | | |
| Burpees (Choose Level 1, 2 or 3) | Level 1: | Level 2: | | Level : |
| 1 minute running (shuttle) | What distance (approximately) did you cover: | | | |
| Elbow Plank (1 minute max) | Time held for: | | | |
| Extra Notes:  Please use this space if there is anything further to inform me of about these exercises. |  | | | |