



# Sports Conditioning and Rehabilitation

## Fitness Consultation/Facility Tour

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

**HOW DID YOU HEAR ABOUT US?**

- |   |  |
|---|--|
| <input type="checkbox"/> Referred by: _____<br>Family Friend Coworker Physician SCAR Staff      | <input type="checkbox"/> Internet (circle one):<br>SCAR Website Newsletter Google Yahoo Bing |
| <input type="checkbox"/> Social Media (circle one):<br>Facebook Twitter Yelp Foursquare YouTube | <input type="checkbox"/> SCAR Flyer/Banner   |
| <input type="checkbox"/> Other: _____   |  |

**WHAT ARE YOUR FITNESS GOALS?** Think **S.M.A.R.T.**: Specific, Measurable, Attainable, Realistic, Time-bound:

**Appearance Goals:**

- Weight loss
- Decrease body fat percentage
- Lose inches
- Weight gain
- Increase lean muscle mass
- Look better in my clothes

**Health/Fitness Goals:**

- Improve overall fitness
- Improve heart health
- Decrease pain/Injury
- Get off medication
- Increase speed, agility & quickness
- Increase vertical jump

- Increase endurance
- Increase strength
- Prepare for special event:  
\_\_\_\_\_

**Other:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DO YOU HAVE ANY BARRIERS TO EXERCISE:**

- Injury: \_\_\_\_\_
- Health Condition(s): \_\_\_\_\_  
\_\_\_\_\_
- Fitness Dislikes: \_\_\_\_\_

**WHAT FITNESS SERVICES ARE YOU INTERESTED IN?**

Please check all that apply and we'll be happy to help select the ideal program for you.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Personal Training           | <input type="checkbox"/> Nutrition Counseling   | <input type="checkbox"/> Concierge Gym Membership |
| <input type="checkbox"/> Sports Performance Training | <input type="checkbox"/> Running Analysis       | <input type="checkbox"/> Corrective Exercise      |
| <input type="checkbox"/> Pilates                     | <input type="checkbox"/> Fitness Program Design | <input type="checkbox"/> Injury Prevention        |
| <input type="checkbox"/> Group Classes               | <input type="checkbox"/> General Gym Membership | <input type="checkbox"/> Fitness Testing          |