

### LIFE-STYLE PROFILE

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Marital Status: S M D W (Circle one) Phone #: \_\_\_\_\_

Occupation: \_\_\_\_\_ How long: \_\_\_\_\_

How long have you lived in the area? \_\_\_\_\_

Do you plan to stay? Y N (Circle one)

Children at home? Y N (Circle one) Are you physically active? Y N (Circle one)

How did you hear about the club? \_\_\_\_\_

Have you been a member of a health club before? Y N (Circle one)

How long since you have done any type of systematic exercise: \_\_\_\_\_

How long have you been thinking about starting an exercise program? \_\_\_\_\_

### HEALTH HISTORY

To the best of your knowledge, do you have any limitations preventing you from exercising?

\_\_\_\_\_

When was the last time you had a physical examination? \_\_\_\_\_

Are you taking any medication? Y N (Circle one) If yes, what? \_\_\_\_\_

I hereby state that I am physically able to proceed with the normal routine of exercise and other club facilities provided by the program.

Signed by: \_\_\_\_\_ Date: \_\_\_\_\_

### What are your interests? (Circle)

Improve appearance      Lose weight      Trim inches      Firm and tone

Increase strength      Reduce coronary risk      Reduce tension      Stimulate circulation

Gain weight      Increase endurance      Improve athletic performance

Improve posture      Sleep better      Relax, have more fun

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

Your present weight? \_\_\_\_\_ Your best weight? \_\_\_\_\_

Please check the following areas you would like to improve (Circle once)

Neck    Arms    Shoulders    Chest/Bust    Waist    Hips    Thighs    Calves

Why? \_\_\_\_\_

How soon would you like to see the changes? \_\_\_\_\_

Will you make 30 minutes 2-3 times a week to accomplish your goals? Y N (Circle once)

Are you ready to accomplish your goals now? Y N (Circle once)

If you were to enroll today, would it be by: Check Cash or Credit card

## **THE THREE PHASES TO FITNESS**

### **LOSE WEIGHT & INCHES**

**90 DAYS**

### **FIRM AND TONE**

**90 DAYS**

### **STABILIZE**

**90 DAYS**

## **TODAY'S SPECIAL RATES**

## "THE ROAD TO FITNESS"

Date: \_\_\_\_\_

"Your health is Priceless; we make it affordable"

Thank you for coming in today and most of all, thanks for taking the first step toward a fitness program with the Zoo Health Club. The most difficult part of getting into shape is the first step down the road to health. Once you begin, the next steps are easy because you will start to see the benefits of a planned supervised program designed to meet your personal needs. We appreciate your interest in our club and look forward to serving your needs.

### PLEASE PRINT

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Work: \_\_\_\_\_

Married: YES \_\_\_\_\_ NO \_\_\_\_\_ Children: YES \_\_\_\_\_ NO \_\_\_\_\_ How many? \_\_\_\_\_

How did you hear about this club? \_\_\_\_\_

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### Please check appropriate spaces

\_\_\_\_\_ I exercise sporadically \_\_\_\_\_ I have been on an exercise program in the past

\_\_\_\_\_ I have never exercised before \_\_\_\_\_ I am currently on an exercise program

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### Health and Fitness goals:

\_\_\_\_\_ Strengthen cardiovascular system \_\_\_\_\_ Lose inches \_\_\_\_\_ Lose weight

\_\_\_\_\_ Tone & condition \_\_\_\_\_ Built muscle \_\_\_\_\_ Rehabilitate

\_\_\_\_\_ Re-proportion \_\_\_\_\_ Socialize, relax, meet people \_\_\_\_\_ Gain strength

\_\_\_\_\_ Gain weight

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### I would like my fitness program to consist of:

\_\_\_\_\_ Aerobic classes \_\_\_\_\_ Lifecycle (stationary bike) \_\_\_\_\_ Personalized instruction & motivation

\_\_\_\_\_ Exercise machines \_\_\_\_\_ Jogging/Walking \_\_\_\_\_ Fitness assessment

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### I prefer to:

\_\_\_\_\_ Exercise with a friend \_\_\_\_\_ Exercise with a professional \_\_\_\_\_ Exercise alone

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### I prefer to exercise in the:

\_\_\_\_\_ Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening

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### My job involves:

\_\_\_\_\_ Very little activity \_\_\_\_\_ Very little stress \_\_\_\_\_ A great deal of physical activity

\_\_\_\_\_ Moderate amounts of physical activity \_\_\_\_\_ Great deal of stress

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What specifically brought you to The Zoo Health Club today? \_\_\_\_\_