

Personal Training with fitBERNALfit & DIAKADI Body

Date



fitBERNALfit
701 Cortland Avenue
San Francisco, CA 94110
www.fitbernalfit.com



DIAKADIBODY
Personal Training & Wellness Center
290 Division Street, No. 200
San Francisco, CA 94103
415.863.4922
www.diakadibody.com

Name

Email

Phone

Alternate Phone

What are your fitness goals?

Do you have any pre-existing or current injuries, irritations or complications? (Circle) Yes or No

Do you have a preference in Trainer? (Circle) Male or Female

If you reviewed the fBf and DIAKADI Bios, is there a trainer you prefer to meet with?

What days can you workout on? (Circle) Mon Tue Wed Thu Fri Sat Sun

What times work best for you?

Do you prefer to receive your program design electronically or as a print out? (Circle)

Office Use: Notes