



Perform Better

Intake Questionnaire

Client Name:

Date:

What is most important to you right now?

What short-term goals do you wish to achieve from working with me? (1 month)

What long-term goals would you like to achieve from working with me?

What problems do you think may come between you and your goals?

What do you expect from working with me?

Injury History:

History of Athletics

What has worked in your past training?

What hasn't worked in your past training?

What is your definition of health?