

# **Nutrition & Fitness For Life**

## **Note from our Founder**

The health and fitness industry is huge, competitive, and confusing to navigate. Nutrition & Fitness For Life is here to help you make sense of the chaos and lays out a clear roadmap for success. I've personally coached and consulted with thousands of people from all walks of life—from everyday people who could be your neighbors, right up to athletes at the highest level of sport.

If you're looking for exercise, nutrition, and lifestyle coaching, I encourage you to give our program a try. Spots are limited and sell out quickly when opened to the public.

**Jean Philippe Desir**  
**Founder**

## **Fitness Assessment**

A fitness assessment can be only accomplished by having an understanding of a client's goals, needs, and abilities. This entails knowing what a client wants to gain from a training program, what a client needs from their program to successfully accomplish their goal (s), and how capable they are structurally and functionally of performing the required tasks within a program. The information necessary to create the right program for a specific individual or group of individuals comes through a proper fitness assessment. The assessment covers information regarding habits, hobbies, movement abilities, and past and present medical history.

## **Questions**

Full Name:

Email :

Phone Number :

Age :

Weight :

Height:

What is your goal?

How much water do you drink daily?

List any food allergies:

What time do you get up?

What time do you go to bed?

What are your work hours?

How many days a week do you workout?

What is your workout schedule?

Do you have a digital scale?

Do you work out at am or pm?

List all foods you dislike:

List all foods you would like included in your meal plan:

# Yes or No

Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor?

Do you feel pain in your chest when you perform physical activity?

In the past month, have you had chest pain when you are not performing any physical activity?

Do you lose balance because of dizziness or do you ever lose consciousness?

Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Is your doctor currently prescribing any medication for your blood pressure or your heart condition?

Do you know any reason why you should not engage in physical activity?

What is your current occupation?

Does your occupation require extended periods of sitting?

Does your occupation require extended periods of repetitive movements?  
If yes, please explain...

Does your occupation require you to wear shoes with heels?

Does your occupation cause you anxiety?

Do you partake in any recreational activities: golf, tennis, skiing, etc...?  
If yes, please explain...

Do you have any hobbies: reading, gardening, working on cars, etc...  
If yes, please explain...

Have you ever had any pain or injuries: ankle, knee, hip, back, shoulder, etc...  
If yes please explain...

Have you ever had any surgeries? If yes, please explain...

Has a medical doctor ever diagnosed you with a chronic disease, such as coronary artery disease, hypertension, high cholesterol or diabetes? If yes, please explain...

Are you currently taking any medications? If yes, please list...