

PERSONAL TRAINING HEALTH AND FITNESS ASSESSMENT

PERSONAL INFORMATION

Name: _____ Age: _____ Male: Female:
 Address: _____ Height: _____
 City: _____ State: _____ Zip: _____
 Day Phone: _____ Evening Phone: _____ Email Address: _____
 Emergency Contact: _____ Phone: _____
 Dr. Name: _____ Phone: _____

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

- Has a doctor ever said you have heart trouble? _____
- Do you often feel faint or have spells of severe dizziness? _____
- Do frequently suffer from pains in your chest? _____
- Has a doctor ever told you that your blood pressure was too high? _____
- Do You have any bone or joint problems? _____
- Is there a good physical reason not mentioned here why you should not follow an activity program?

- Are you currently taking any type of medication? _____
- Have you consulted a Physician regarding increasing your physical activity and/or having a fitness evaluation? _____
- If no to question 8 will you consult your physician prior to increasing your physical activity?

Physician Release Form/Doctors note requested on _____

Signature: _____

I certify that the above statements are true and correct.

Signature: _____ Date: _____

Physician Release Form/Doctor's note received on _____

Heart Condition	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Diabetes	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Asthma (Uncontrolled)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Shortness of breath	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Arthritis	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Rheumatism	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Hernia	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Recent Surgery	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Epilepsy	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Angina	YES <input type="checkbox"/>	NO <input type="checkbox"/>
High Blood Pressure	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Knee Problems	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Shoulder Problems	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Back Problems	YES <input type="checkbox"/>	NO <input type="checkbox"/>
<i>(Specify) Cervical Thoracic Lumbar</i>		

GOAL ASSESSMENT

Goal: _____

Secondary Goal: _____

Years at present weight: _____ Highest/Lowest weight: _____

Have you ever participated in any weight loss / weight gain program? _____

When would you say that you were in the best shape of your life? _____

What activities were you involved in at that time? _____

How would you grade yourself on your eating habits? *A B C D F* How many times a day do you usually eat? _____

Do you know how many calories you consume a day? _____

Do you feel drops in your energy levels throughout the day? *Yes No* If yes at what time or times during the day? _____

Are you taking a multivitamin or any other supplements? _____

Have you ever used meal replacement drinks or bars? _____

Have you ever worked with a Nutritionist or a Certified Personal Trainer? _____

Are currently doing cardiovascular/cardiorespiratory exercise? _____

What types? _____ How long? _____ How often? _____

Have you ever participated in any type of resistance training program? _____

Realistically how many days does exercise fit into your lifestyle per week? _____

Where do you rate health as a priority in your life? *Low Priority 1 2 3 4 5 High Priority*

How committed do you feel to improving your health and working toward your goals? *Not Committed 1 2 3 4 5 Committed*

Do you have a time frame in mind for achieving your goals? _____

Do you have an exact plan for achieving your goals? _____

Do you consume alcohol? _____ Do you smoke cigarettes? _____

Do you drink coffee? _____ Do you drink soda pop? _____

How much water do you drink a day? _____

CHRIS KEITH PERSONAL TRAINING (Gym)

From Del Mar, La Jolla, & UTC: Take I-5S • Take exit #20/EL CENTRO/SOUTH ROSECRANS ST onto I-8 E toward EL CENTRO - go 1.0 mi • Take exit #3/TAYLOR ST/HOTEL CIRCLE toward MORENA BLVD/TAYLOR ST - go 0.1 mi • Turn Right on TAYLOR ST - go 0.5 mi • Turn Right on MORENA BLVD - go 0.4 mi • Bear Right on LINDA VISTA RD - go 0.2 mi to arrive at 5277 LINDA VISTA RD, on the right.

From Downtown: Take I-5N • Take the BEACHES/EL CENTRO exit onto MORENA BLVD toward EL CENTRO - go 1.0 mi • Bear Right on LINDA VISTA RD - go 0.2 mi to arrive at 5277 LINDA VISTA RD, on the right.

From Mission Valley/East County: Take I-8W • Take exit #2C/MORENA BLVD onto MORENA BLVD - go 0.5 mi • Bear Right on LINDA VISTA RD - go 0.2 mi to arrive at 5277 LINDA VISTA RD, on the right.

To Mission Bay's De Anza Cove—FREE PARKING!

From Del Mar, La Jolla, & UTC: Take 5S to the Mission Bay Drive exit. Take Mission Bay Drive South to Mission Bay Park make a right into DeAnza Cove parking lot 1. You will pass 4 stoplights before getting to Mission Bay Park. **WARNING THE ENTRANCE IS RIGHT BEFORE THE ON RAMP BACK TO 5 SOUTH. TRY TO AVOID GETTING BACK ON THE FREEWAY.** If you end up back on the freeway get off at Clairemont Drive/Mission Bay Drive and make a right off freeway then head west to East Mission Bay Drive, then make a right on to East Mission Bay Drive. Go up this street about $\frac{3}{4}$ of a mile This road goes up to the parking lot of De Anza Cove.

From Downtown: Take 5N to the Clairemont Drive/Mission Bay Drive Exit, make a left off the freeway and head west to East Mission Bay Drive. Go up this street about $\frac{3}{4}$ of a mile This road goes up to the parking lot of De Anza Cove.

From Mission Valley/East County: Take 8W to 5N to the Clairemont Drive/Mission Bay Drive Exit, make a left off the freeway and head west to E. Mission Bay Drive, then make a right on to E. Mission Bay Drive. Go up this street about $\frac{3}{4}$ of a mile. This road goes up to the De Anza Cove parking lot.

To Cowles Mountain

From San Diego/Beach Area: Take I-8E to the College Avenue exit. Proceed north on College Avenue 1.0 miles to Navajo Road . Turn right and proceed on Navajo Road 1.9 miles to Golfcrest Drive. Turn left on Golfcrest. Drive to enter parking lot.

From North County: Take I-5S to I-805S. Take 52E to the Mast Blvd exit in Santee. Turn left onto Mast Blvd, go under the freeway to the first traffic signal (West Hills Parkway) and turn right. Take West Hills Parkway to Mission Gorge Road and turn right. Proceed down Mission Gorge Road 1.9 miles to Golfcrest Drive. Turn left onto Golfcrest Drive and proceed to the top of the hill. The staging area is on the left at the intersection of Navajo Road and Golfcrest Drive .

From Route 125: Take 125N to Mission Gorge Road. Exit at Mission Gorge Road and make a left. Proceed down Mission Gorge Road 3.3 miles to Golfcrest Drive. Turn left onto Golfcrest Drive and proceed 1 mile to the top of the hill. The staging area is on the left at the intersection of Navajo Road and Golfcrest Drive. Parking lot may be full on weekends, however, curbside parking is permitted on Golfcrest Drive.

Other Option: From I-15, take Friars Rd. East which becomes Mission Gorge Rd., 5.0 miles east. Pass Jackson Drive and the Mission Trails Regional Park turnoff. Continue up Mission Gorge Rd. to a right turn on Golfcrest (the first traffic light past Jackson Drive). Follow Golfcrest one mile south to the trailhead on the left side of Golfcrest at Navajo. The staging area is on the left at the intersection of Navajo Road and Golfcrest Drive .

To Convention Center

From North: Merge onto I-5 S toward SAN DIEGO. Take the FRONT ST exit- EXIT 17- toward CIVIC CENTER. Stay STRAIGHT to go onto FRONT ST. Turn LEFT onto W HARBOR DR. End at 525 E Harbor Dr San Diego, CA 92101 – It is the park next to Joe's Crab Shack

From South: Merge onto I-5 N. Take the CESAR E CHAVEZ PKY exit- EXIT 14B. Turn LEFT onto CESAR E CHAVEZ PKWY. Turn RIGHT onto E HARBOR DR. Make a UTURN at 5TH AVE onto E HARBOR DR. End at 525 E Harbor Dr San Diego, CA 92101 It is the park next to Joe's Crab Shack

Directions to La Jolla Shores

From North: Merge onto I-5 S. Take the LA JOLLA VILLAGE DR exit- EXIT 28. Turn RIGHT onto LA JOLLA VILLAGE DR. Turn LEFT onto TORREY PINES RD. Turn RIGHT onto CALLE DE LA PLATA. Turn LEFT onto AVENIDA DE LA PLAYA. Turn RIGHT onto CAMINO DEL ORO. End at 8200 Camino Del Oro La Jolla, CA 92037

From South: Merge onto I-5 N. Merge onto LA JOLLA PKWY via EXIT 26A. LA JOLLA PKWY becomes ARDATH RD. ARDATH RD becomes TORREY PINES RD. Turn RIGHT onto CALLE DE LA PLATA. Turn LEFT onto AVENIDA DE LA PLAYA. Turn RIGHT onto CAMINO DEL ORO. End at 8200 Camino Del Oro La Jolla, CA 92037

Directions to Balboa Park

From North: Take 805 S. Merge onto CA-163 S toward DOWNTOWN. Take EXIT 2C toward UNIVERSITY AVE. Turn SLIGHT RIGHT onto 6TH AVE. End at 3366 6th Ave., San Diego, CA 92103-5719, US

From South: Merge onto I-5 N. Merge onto CA-163 N toward ESCONDIDO. Take the QUINCE ST exit- EXIT 1B- toward BALBOA PARK. Stay STRAIGHT to go onto QUINCE DR. Turn RIGHT onto 6TH AVE. End at 3366 6th Ave. San Diego, CA 92103-5719, US