# PERSONAL TRAINING CLIENT FORM

Full Name: Arnav Bhatia

Age: 24 Gender: M

Phone: 9910030333

Height: 190cm Weight: 87.7kg Body Fat %: 22.1

Goal: ■ Fat Loss ■ Muscle Gain ■ Recomp ■ Strength

Target Weight: 80

Diet: ■ Veg ■ Non-Veg ■ Eggetarian ■ Vegan

Meals/Day: 3 Water: 2 L

Food Allergies: none

Training Experience: ■ Beginner ■ Intermediate ■ Advanced

Workout Days/Week: 0

Medical Conditions: none

Current Medications: none

Bad Habits:

■ Smoking ■ Alcohol ■ Recreational Drugs

Sleep: 7.5 hrs Steps/Day: 4000

Anything Else:

Difficult to go to gym due to schedule need to plan
out or alternate with sport/calisthenics

Signature:  Date: 7/10/2