



APPLICATION FOR ONLINE (REMOTE) PERSONAL TRAINING

A Little Bit About You

Full Name _____

Date of Birth _____ Age _____ Height _____ Weight _____

Mailing Address _____

eMail _____ Phone (H / C / W) (_____) _____

Employer _____ Job Title _____

Emergency Contact _____
(name, phone, relation)

Do you have kids? _____ Do you have pets? _____

How did you hear about Foss Fitness ME? _____

Current Fitness & Nutrition Information

How often do you currently exercise per week? _____

Where do you exercise? _____

What type of exercise do you participate in? _____

How would you describe your current diet? _____

Would you consider yourself healthy? _____

Space, Internet, Equipment

How much space, in square feet, do you have to use for training purposes? _____

Where is the primary location you plan to use for training? _____

Do you have reliable high speed cable internet access? _____

What is the speed of the internet at the primary location you'll be training? _____

What **equipment*** do you have to use for training purposes? (check all that apply)

- Resistance Bands
- Resistance Band Loops
- Swiss/Stability Ball
- Free Weights
- Bosu
- Exercise Bench
- Agility Ladder
- Tubing
- Mat
- Medicine Ball
- Punching Bag
- Weighted Bar
- Ankle/Wrist Weights
- Weight Rope
- Dumbbells, weight(s)
- Kettlebell
- Barbell
- TRX
- Step Bench
- Gliders
- Overstuffed Medicine Ball

*We strongly recommend having at least one piece of **equipment** for training, let us know if you would like a list of equipment options, or assistance in selecting a piece that will work best for your goals.

What **machinery**** do you currently own for training purposes? (*check all that apply*)

- | | | |
|--|---|--|
| <input type="checkbox"/> Treadmill | <input type="checkbox"/> Elliptical | <input type="checkbox"/> Stationary Bike |
| <input type="checkbox"/> Spin Bike | <input type="checkbox"/> Recumbent Bike | <input type="checkbox"/> Rower |
| <input type="checkbox"/> Other Machinery | | |

**Machinery is not required in order to participate in online training

Goals

What are your main goals? _____

Why is it important to you to meet these goals? _____

On a scale of 1 -10 (**1** = 'Not at All' and **10** = '100% Committed') how confident are you that you can meet your goals?

1 2 3 4 5 6 7 8 9 **10**

Why? _____

In Your Own Words...

Answer the following two questions. There's no word or character limit. If you have a story to tell and would like to use separate paper or make your own file, by all means, we'd love read it. This is **your opportunity** to share with us exactly why you're the best candidate for online training.

1. Why is online/remote training the best option for you?
2. Imagine it's 6 months or a year from now. You've met your health and fitness goals and are thriving in your new healthier body. Tell us how life has changed/improved for you/your family/your pets.

Submitting Application

First, download it, then either fill it out with pen by hand (please print clearly and legibly), or use PDF software to type your responses directly on the application. Once the application is fully complete, attach it in an email, with the subject: OPT APPLICATION, and send it to info@fossfitnessme.com

Mail us the completed application:
Foss Fitness ME
Attn: Online Training
936 Broadway
South Portland, ME 04106

Applications are considered time-sensitive and are typically reviewed within 48-hours. If your application is selected as a potential candidate we will call you at the phone number you provide on page 1 to set up a complimentary consultation. This consultation will allow us both determine if remote training is a good fit.