



# Courtney Mighell

## FITNESS

### Biographical Information

1. Name:
2. Address:
3. Phone #:
4. Email Address:
5. Date of Birth:

### History

1. Height (inches):
2. Current Weight (lbs):

Lowest Weight (as an Adult, over 18yrs) & When (approximate year):

Highest Weight (as an Adult, over 18yrs) & When (approximate year):

### Please describe the following questions in detail.

Describe your **current** nutrition plan and eating habits.

Describe your **current** training/exercise plan (including frequency, types of exercises)

How much cardio are you currently doing?

What are your fitness and nutrition goals?

What diets or weight loss methods have you used in the past?

What diets or weight loss methods have you had the greatest and worst success?

How comfortable are you with counting macronutrients (macros) and logging your daily food intake? If so, what are your current macros?

Have you struggled with binge eating or disordered eating patterns in the past? If yes, please explain.

Have you worked with a fitness coach or personal trainer before?

Do you currently have access to a gym/gym membership?

Do you exercise at your home? If so, what equipment do you have?

What time of day do you currently train?

How long have you been strength training?

**A client's supplementary, dietary, and health history for not only now, but the past several years can affect their metabolism. Please be sure to include all relevant information:**

- Please list all current and recent prescriptions:
- Please list all current and recent supplements:
- Please list any injuries, surgeries or physical limitations:
- Please list any ongoing health issues, food allergies or intolerances:

### **Initial Progress Pictures**

Please take initial progress pictures to document your starting point. Find a spot where you can take pictures in the same place with adequate lighting each time your coach requests them. It can also be helpful to wear the same clothing each time you take pictures. A swim suit or sports bra/shorts is recommended. Please take: front, back and side pictures. Selfies are not preferred. Attach to the email with this questionnaire if possible.

### **Daily Food Diary**

In order to better understand your current nutrition habits and best customize your future plan, please record *exactly* what you eat for 5 full days. Be sure to be as precise as possible with measurements and timing of your food. Do not change your intake because you are recording it, but try to follow as typical of a day as possible. We will make changes to your diet later. **Please email me the dairy after all 5 days are recorded.** (If you use MyFitnessPal, please add me as a friend - @cjmighell and I'll be able to take a look at your diary. If you use MyMacros+, please add me as a friend @cmighell)

EXAMPLE:

7:30am – Breakfast: 12oz Coffee with 1T. Coffemate Creamer, ½ Pumpkin English muffin with lite cream cheese

9:00am – Snack: Strawberry Nutrigrain bar, handful of mixed nuts

12:00 – Lunch: Panera – “Pick 2” Broccoli Cheddar Soup + Chicken Panini, iced tea

.....continue for the whole day.....

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Client Signature

Date

*Courtney Mighell*

Coach Signature

Date

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By signing this application you agree with the following:

I (*the applicant*) understand and agree that I am also providing an honest and comprehensive history of all pertinent health, supplementary and dietary information. I understand that not disclosing relevant information could lead to less optimal results and further risk my own health.

Courtney Mighell is not a licensed dietitian, nutritional specialist, or personal trainer. All information you obtain will be directly from Courtney Mighell's own experiences. It is of best interest for anyone looking to start a fitness program to consult a physician before doing so, including a comprehensive physical performed by a licensed physician.

You (applicant) fully understand that you (applicant) may injure yourself as a result of participation in a fitness program, and hereby release Courtney Mighell from any liability now or in the future for any injury, including, but not limited to heart attacks, death, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however caused, occurring during or after my participation in the fitness program offered.

By submitting this application, you affirm that you have read, have been honest with Courtney Mighell and also fully understand the above information. You have been given the opportunity to present questions in all related matters.