

**Zoe fit Client information sheet (Confidential)**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Phone number \_\_\_\_\_ Gender Male. Female.

Email \_\_\_\_\_

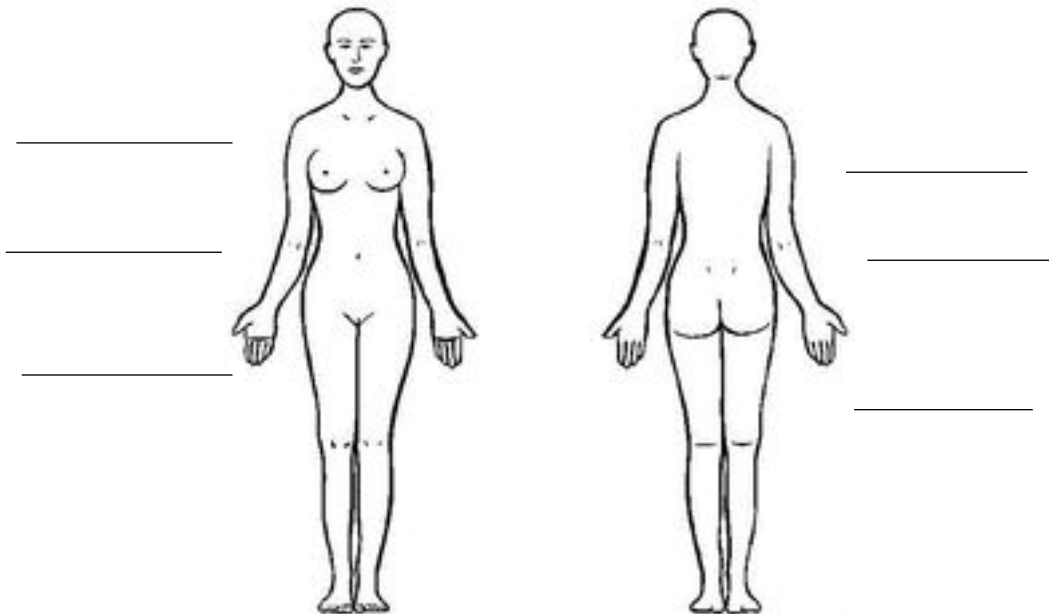
Coach and Venue \_\_\_\_\_

Main reason you have joined Zoe Fit? \_\_\_\_\_

Are you interested in: Healthy eating, Fitness events, Classes, Weight Training,  
 Dance Classes, Fitness Clothing, Yoga, Pilates, Personal Coaching, Zumba,  
 Cooking Classes, Mindset, Nutrition, Exercise Equipment.

Goals I want to achieve \_\_\_\_\_

My expectations of Zoe Fit \_\_\_\_\_



Weight \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ Date \_\_\_\_\_

Any comments, what do you think of the structure of the Zoe fit class: \_\_\_\_\_



Comments on your new skill of using apparatus and any explain benefits you may understand / feel/ see: \_\_\_\_\_

What have you gained so far? \_\_\_\_\_

Any general feedback you'd like to share? \_\_\_\_\_

Can we use your comments & name for testimonials and social media pages? Y. N.

Signed Client \_\_\_\_\_ . Signed Coach \_\_\_\_\_

Print Name \_\_\_\_\_ Print Name \_\_\_\_\_

Date \_\_\_\_\_ . Date \_\_\_\_\_ .