

# TARA *TC* CRITES

## NEW CLIENT QUESTIONNAIRE

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (hm) \_\_\_\_\_ (cell) \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Male / Female

How did you hear about Tara? \_\_\_\_\_

Have you experienced the Pilates method before? Yes No

If yes, for how long? \_\_\_\_\_

What type of Pilates instruction? Group Mat Online Private Equipment Class

What other types of exercise have you performed? \_\_\_\_\_

What do you do to stay in shape currently? \_\_\_\_\_

How would you rate your fitness level: Novice Beginner Intermediate Advanced

Please read through the common benefits of Pilates.

Circle the goals and desired results that are most important for you to achieve:

- |                      |                            |                                |
|----------------------|----------------------------|--------------------------------|
| Better posture       | Longer leaner muscle tone  | Core strength & stability      |
| Injury prevention    | Relief from back/neck pain | Improve balance & coordination |
| Burn more calories   | Weight loss                | Weight maintenance             |
| Overcome a plateau   | More energy                | Boost metabolism               |
| Prevent disease      | Improve self image         | Improve circulation            |
| Sleep better         | Reduce blood pressure      | Decrease stress/anxiety        |
| Advance stamina      | Increase Flexibility       | Reinforce mind-body awareness  |
| Athletic Performance | Better digestion           | Emotional wellbeing            |

Other: \_\_\_\_\_

Please list your availability to schedule your exercise sessions:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM							
PM							