THE SONNENTAG

PERSONAL TRAINING REQUEST FORM

Name _____ **Date** _____

Email Address _____ **Phone Number** _____

Status: ☐ Student ☐ Employee ☐ Retiree ☐ UW-EC Alumni ☐ Non-Member

Have you ever been trained by a personal trainer before? ☐ Yes ☐ No

If yes, who did you work with? _____

Do you prefer a male or female trainer? ☐ Male ☐ Female ☐ No-Preference

Do you have a specific trainer requested? If so, list name: _____

What are your current exercise habits?

☐ None ☐ A few times/month ☐ 1-2 days/week ☐ 3-4 days/week ☐ 5-6 days/week ☐ Everyday
☐ Active job, but no exercise ☐ I used to exercise regularly, but not now

What are your main fitness goals? *(please be as specific as possible)* _____

_____

_____

Individual or Partner Training?*

☐ Individual ☐ Partner Partner's Name _____

**partner training exclusive to 5 session & 10 session packages*

Select Package: ☐ 1 Session ☐ 5 Sessions ☐ 10 Sessions ☐ 20 Sessions

(Personal Training sessions are 60 minutes)

When are you available to train? *(please check all that apply)*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-12pm ☐	6am-8am ☐	6am-8am ☐	6am-8am ☐	6am-8am ☐	6am-8am ☐	10am-12pm ☐
12pm-2pm ☐	8am-10am ☐	8am-10am ☐	8am-10am ☐	8am-10am ☐	8am-10am ☐	12pm-2pm ☐
2pm-4pm ☐	10am-12pm ☐	10am-12pm ☐	10am-12pm ☐	10am-12pm ☐	10am-12pm ☐	2pm-4pm ☐
4pm-6pm ☐	12pm-2pm ☐	12pm-2pm ☐	12pm-2pm ☐	12pm-2pm ☐	12pm-2pm ☐	4pm-6pm ☐
6pm-8pm ☐	2pm-4pm ☐	2pm-4pm ☐	2pm-4pm ☐	2pm-4pm ☐	2pm-4pm ☐	6pm-8pm ☐
	4pm-6pm ☐	4pm-6pm ☐	4pm-6pm ☐	4pm-6pm ☐	4pm-6pm ☐	
	6pm-8pm ☐	6pm-8pm ☐	6pm-8pm ☐	6pm-8pm ☐	6pm-8pm ☐	
	8pm-10pm ☐	8pm-10pm ☐	8pm-10pm ☐	8pm-10pm ☐		

Please submit this form and Health History Questionnaire to Sonnentag Member Services desk or email to: davisg@uwec.edu

For Sonnentag Staff Use Only

Date of paperwork received _____ Date client was placed _____

Assigned Personal Trainer _____ Additional notes _____

_____