

Client onboarding questionnaire

Answer what you can. Your answers are used to write your first block and are kept private by your coach.

Client name: _____ Date: _____

About you

1. What is your main goal, and is there a date attached?

2. How long have you trained, and what have you done?

3. Which days can you train, and how long can a session run?

4. What equipment can you reach?

Health

5. Do you have any injuries or pain right now? Say where.

6. Have you had past injuries or surgery?

7. Has a doctor told you anything about training? (Your coach may also ask you to complete a standard readiness questionnaire such as the PAR-Q.)

Numbers

8. What is your bodyweight today?

9. What are your recent best sets on your main lifts? Give the load, reps and the date.

Life

10. How many hours do you sleep on most nights?

11. What does your working week look like?

Coaching

12. How often do you want to hear from your coach?

13. How do you like feedback: short notes, voice or video?

14. What has not worked with a coach or programme in the past?

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