



## Tell Us About Yourself

RIOT trainers and coaches represent some of the most educated health practitioners in the Bay Area. Our goal is to match every client with the trainer best suited to meet their fitness and lifestyle needs.

In order to do this properly, we need to learn as much about you as we can. The more you share with us about your health and fitness history, your personality, and your goals, the better. We want someone that will team up with you to create the best experience possible.

### CONFIDENTIALITY

HIPPA legislation was passed in 1996. The main purpose of HIPPA is to protect the individual's privacy with regard to their protected health information (PHI). Examples of PHI include, but are not limited to items such as:

- Blood pressure
- BMI
- Blood cholesterol and triglyceride levels
- Blood glucose level
- Urinalysis results
- Medication use
- Presence of chronic health conditions such as cardiovascular disease, cancer, pulmonary disease, diabetes, etc.

The purpose of this questionnaire is to determine three outcomes:

- To determine the presence or absence of risk factors and systems that may impact your training.
- You are cleared for a fitness assessment
- You are not cleared for a fitness assessment

Thank you in advance for trusting RIOT.

## Personal Trainer Questionnaire

What's your name? \_\_\_\_\_

Address: \_\_\_\_\_

Phone? \_\_\_\_\_ Email? \_\_\_\_\_

Age? \_\_\_\_\_ (It can be our little secret.)

What's your spouse's name? \_\_\_\_\_

Address: \_\_\_\_\_

Phone? \_\_\_\_\_ Email? \_\_\_\_\_

Age? \_\_\_\_\_ (It can be our little secret.)

### QUESTIONS:

[1]: How did you hear about us?\* Choose as many as you like Personal Referral, Yelp, Live/Work Locally, Google/Search Engine, Facebook, Other. \_\_\_\_\_

[2]: If this was a personal referral, who referred you? \_\_\_\_\_

[3]: If you are a part of a corporate program, please name business. (Skip if not applicable.)  
\_\_\_\_\_

### TRAINERS:

All RIOT Trainers are independent. Therefore, they determine their own rates and schedule. The menu of training options below gives a range of costs that our trainers may present to you. We find that the prices shown are an average relative to experience and specialties. Exact rates, packages, length of assessment + sessions and additional details will be discussed in your free consultation.

In designing a program for you, what are you looking for?

[4]: What can we help you with?  
\_\_\_\_\_

[5]: How Can We Help You?  
\_\_\_\_\_

[6]: Let us know what you are interested in. I am interested in:  
\_\_\_\_\_

Consultation, \_\_\_ Personal Training, \_\_\_ Group Training, \_\_\_ Team Training for businesses, \_\_\_

Receiving the monthly newsletter, \_\_\_ Nutrition / Services, \_\_\_ Other \_\_\_

**WORK OUT SESSIONS:**

1. Do you have a preference of trainers?\* Male: \_\_\_ Female: \_\_\_ No Preference: \_\_\_

2. Which days can you workout with a trainer? \_\_\_\_\_

Choose as many as you like: Monday-Tuesday- Wednesday-Thursday-Friday-Saturday

3. What times of day work best for your schedule?\* \_\_\_\_\_

Choose as many as you like - 6am-7am-7am-8am-8am-9am-9am-10am-10am-11am  
11am-12pm-12pm-1pm-1pm-2pm-2pm-3pm-3pm-4pm-4pm-5pm-5pm-6pm-6pm-7pm  
7pm-8pm -8pm-9pm

4. Do you have any specific scheduling requests? Example: Workout once a week with trainer and be given homework for an additional workout at home. Skip if you have no requests.

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**SPORTS, HEALTH & TRAINING SCHEDULE:**

5. Please explain which sports and activities you participated in as a child.

\_\_\_\_\_

6. What is your current workout schedule? \_\_\_\_\_

7. Total workouts per week?\* It's ok if its "0." \_\_\_\_\_

8. How many involve strength training?\* \_\_\_\_\_

9. How many involve cardio training?\* \_\_\_\_\_

10. On a scale of 1-5, how would you rate your current state of health and wellness? 1 being very unhealthy + 5 being very healthy.\* \_\_\_\_\_

11. Please explain your rating.\* \_\_\_\_\_

12. On a scale of 1-5, how would you rate your stress levels (taking into account emotional, physical, chemical well-being)? 1 being stress free + 5 being very stressed.\* \_\_\_\_\_

13. Please explain your rating.\* \_\_\_\_\_

**PERSONAL GOALS**

14. **Life Goals.** List the Top 1-5 Life Goals you would like to currently focus on. These goals can be related to BOTH fitness and non-fitness ideas. (Do NOT feel pressure to list 5 but please list at least one, even if your goal is to 'have goals.')

**Examples:**

- Cook More at Home*
- Fit into My Old Clothes Again*
- Reconnect with Family*
- Pay Off Credit Cards*
- Find a New Job*

Goal 1:\* \_\_\_\_\_

Goal 2:\* \_\_\_\_\_

Goal 3:\* \_\_\_\_\_

Goal 4:\* \_\_\_\_\_

Goal 5:\* \_\_\_\_\_

15. **Specific Fitness Goals.** What 1-5 specific fitness goals do you want to work towards during workouts? Each time you come in for a workout, what EXACTLY are you looking to get out of the hour? Hint: ASK FOR THE SKY!

(Do NOT feel pressure to list 5 goals but please at least list 2.)

**Examples:**

- Strengthen my legs so that I have better balance for snowboarding.*
- Run a marathon in under 4 hours.*
- Become more flexible and improve my posture.*
- Compete in a bikini competition.*

Goal 1:\* \_\_\_\_\_

Goal 2:\* \_\_\_\_\_

Goal 3:\* \_\_\_\_\_

Goal 4:\* \_\_\_\_\_

Goal 5:\* \_\_\_\_\_

**PHYSICAL CONDITIONS:**

16. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by your doctor? Yes: \_\_\_ No: \_\_\_

17. Do you feel pain in your chest when you do physical activity? Yes: \_\_\_ No: \_\_\_

18. In the past month, have you had chest pain when you were not doing physical activity? Yes: \_\_\_  
No: \_\_\_
19. Do you lose your balance because of dizziness or do you ever lose consciousness? Yes: \_\_\_ No: \_\_\_
20. Do you have bone or joint problems (for example back, knee or hip) that could be made worse by a change in your physical activity? Yes: \_\_\_ No: \_\_\_
21. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? Yes: \_\_\_ No: \_\_\_
22. Do you know of any other reason why you should not do physical activity? Yes: \_\_\_ No: \_\_\_
23. Do you have any pre-existing or current conditions, injuries, irritations or complications?  
\_\_\_\_\_
24. Are you currently working with a physical therapist, sports medicine doctor, chiropractor, body worker, or other health practitioner with any current injuries or issues? Yes: \_\_\_ No: \_\_\_
25. If YES, would your specialist be open to knowledge sharing your case history with our practitioner(s) for assistance in designing your program? Yes: \_\_\_ No: \_\_\_
26. Questions or Comments? Any last words?  
\_\_\_\_\_

**TERMS AND CONDITIONS:****24 HOUR CANCELLATION POLICY**

An RIOT member that has made an appointment for a session may cancel or change the time of the session provided that a minimum of 24-hours' notice is given. You can make these changes by contacting your trainer directly. Members will be charged for the full cost of the session on any late cancellations or no-show appointments.

**PAYMENTS**

Payment for sessions is required to be made by the member on or before the date of the session. If a member has no session inventory, charges for late cancellations or no show appointments for sessions will be charged to the member's credit card on file with RIOT under the membership agreement. In addition, charges for sessions which are used by a member but not otherwise paid for will be charged to the member's credit card on the day the session is used.

**DISCOUNTS**

RIOT may offer discounts on sessions to members who purchase a package of sessions. These discounts only apply to the number of sessions purchased as a group. Any further or additional sessions will be charged at the regular rate then in effect for individual sessions.

### **EXPIRATION POLICY**

*All sales are final. Session expire six months from the date of purchase.*

### **RELEASE OF LIABILITY**

Using the RIOT facilities and/or participating in RIOT activities involve the risk of injury to you or your guest, whether you or someone else causes it. Specific risks vary from one activity to another and the risks range from minor injuries to major injuries, such as catastrophic injuries including death.

In consideration of your use of RIOT facilities and/or participation in the activities offered by RIOT, you understand and on behalf of yourself, your heirs, and assigns, voluntarily accept this risk and agree that RIOT its owners, officers, directors, employees, volunteers, agents and independent contractors will not be liable for any injury, including, without limitation, personal, bodily, or mental injury, economic loss or any damage to you, your spouse, guests, unborn child, or relatives resulting from any negligence of RIOT or anyone on RIOT's behalf or anyone using the facilities whether related to exercise or not.

You agree to indemnify, defend and hold RIOT harmless against any liability, damages, defense costs, including attorney fees, or from any other costs incurred in connection with claims for bodily injury, wrongful death or property damage caused by your negligence or other wrongful acts or omissions.

You, on behalf of yourself, your heirs, and assigns, further agree to hold harmless, defend and indemnify RIOT from all liability, damages, defense costs, including attorney fees, or from any other costs incurred in connection with claims for bodily injury, wrongful death or property damage brought by you, your guests, or minors, even if RIOT was negligent.

Further, you understand and acknowledge that RIOT does not manufacture fitness or other equipment at its facilities, but purchases and/or leases equipment. You understand that RIOT is providing recreational services and may not be held liable for defective products. By signing below, you acknowledge and agree that you have read the foregoing and know of the nature of the activities at RIOT and you agree to all the terms in this Release of Liability.

Should any part or application of this agreement be found by a court of law to be against public policy or in violation of any statute or case precedence, then only the offending portion(s)/application(s) would be removed and the remainder of this agreement will remain in full force.

### **SUMMARY**

We're looking forward to hearing from you. We always do our best to get back to inquiries within 24 business hours.

We begin with a sit-down or phone call half hour consultation where we go over your goals and take a snapshot of where you currently are and where you want your health to be.

- After meeting, you decide on which fitness package will work best for you
- We schedule our sessions, meeting anywhere from one to four times a week to put the pedal to the medal for your fitness needs.

**Currently accepting a small number of new clients, please Call 650-992-3939 for details**

**Personal training** in Daly City , San Francisco, Burlingame, Millbrae, San Mateo, San Bruno, South San Francisco

**Taekwondo-Martial Arts Conditioning** in Daly City , San Francisco, Burlingame, Millbrae, San Mateo, San Bruno, South San Francisco

**Weight Loss** in Daly City , San Francisco, Burlingame, Millbrae, San Mateo, San Bruno, South San Francisco,

To schedule a consultation via email, contact me at [master@reitenbachstaekwondo.com](mailto:master@reitenbachstaekwondo.com) , or give me a call at **650-992-3939** and leave a message. That was pretty easy, right?

Thank you,

*Michael Kissinger*

Reitenbach Institute

Thanks for sharing your information with us. We'll be getting back to you within 1 business day (Mon-Fri) of receiving your questionnaire and will respond with 2-4 trainer suggestions.

**When you're ready, we're here.**

Whether you're an early riser, prefer a midday workout, or the evening is when you hit your stride, you'll appreciate our convenient hours. And no matter when you're ready to exercise, you'll find multiple options from which to choose: classes exploring physical exercise, the mind-body connection, martial arts exercise, and services such as weight management and personal training.

It feels good to have a strong, flexible body that can do all the activities you enjoy - like running, jumping, and playing with your friends. It is also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. But you may not know that exercising can actually put you in a better mood.

When you exercise, your brain releases chemicals called endorphins, which is a natural way to make you feel happier. It is just another reason why exercise is a fun activity. For more information about this topic, please call **650-992-3939**