**MOVE ME IN THE MIDDLE**

**CLIENT INFORMATION FORM**

Please submit completed form to movemeinthemiddle@hotmail.com

|  |  |  |  |
| --- | --- | --- | --- |
| **Client’s Name:** Answer | | | |
| **Email:** Answer | | **Phone:** Answer | |
| **Height:** Answer | **Weight**: Answer | **Age**: Answer | **Sex**: Male/Female |

**Goals**

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| --- |
| **What do you want to accomplish? Please be specific.** Answer |

**Medical History**

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| **Have you ever had any injuries? If so, how long ago? What type of injury?** Answer |
| **Do you have any allergies? If yes, please provide allergies.** Answer |
| **Are you on any medication? If yes, please give name and dosage of medication. (include all “gear” attach additional pages if necessary)** Answer |
| **Have you ever been diagnosed with heart disease?** Yes or No |
| **Have you ever been diagnosed with diabetes?** Yes or No |
| **Are you a smoker?** Yes or No **If so how often do you smoke?** Answer |
| **Do you consume Alcohol? If so, how often? What kind?** Answer |
| **Have you ever had any surgeries/operations? If so, list date and type?** Answer |
| **List any major complaints as of right now.** Answer |
| **Is there pain in any areas? If so, where. Please describe the pain** Answer |

**Nutrition**

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| --- |
| **Please provide 72hr food log. Include approximate time of consumption and weight of ALL food and drink consumed. (all food and drink, including water)** Answer |
| **Please List your MOST favorite foods.** Answer |
| **Please List your LEAST favorite foods.** Answer |
| **Are you intolerant to any type of food?** Answer |
| **Are you currently taking any supplements or Vitamins? If so, please list brand and dosage. (Include any energy drinks or energy pills). Attach additional info if necessary.** Answer |

**Current Work Out Regimen**

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| --- |
| Do you currently work out? Y/N If so, please include; what days do you work out? How long are your work outs? What exercises are you doing? How much weight are you working out with? How many reps on each exercise? Answer |

**Pictures**

Provide all symmetry and compulsory poses with a WHITE backdrop (weekly photos will be required)

**Submit Form**

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