



PERSONAL TRAINER QUESTIONNAIRE

Complete the form below to sign up for a personal trainer

1. What is your name:

2. What are some things you would like to focus on?
(Tick all that apply)

- Improve fitness
- Get Stronger
- Healthy eating
- Lose Weight
- Gain muscle
- Improve flexibility
- Coordination
- Mobility
- Pain reduction

3. What is an activity you have done previously that you enjoyed?

4. What is an activity that you would be open to trying? (Check all that are of interest)

- Gym
- Boxing
- Classes (Circuits / HIIT)
- Cycling
- Batting – (Badminton, Ping Pong, Squash)
- Climbing
- Football
- Walking / Hiking
- Home Workouts (1-1)

5. What would you rate your current desire to start exercise?

1 2 3 4 5 6 7 8 9 10



MEET YOUR PERSONAL TRAINERS

We have an abundance of sporting activities available to our service users including walking, gym groups, football, badminton, squash, and table tennis. We also offer free swimming lessons with our swimming instructor Mandy, and one-to-one biking sessions around the local parks and specialised mountain bike trails.

Meet Nathan, Greg, and Martin.

Martin has been a Personal Trainer for 3 years, he loves doing one-to-one sessions, building up relationships in the sessions is part of the job that he loves the most because they're so much more personable and you're able to tackle the issue together.

Greg has been a PT for 7 years; he enjoys working with people who have no previous experience and helping them transform their mindsets and body. He has refined his coaching skills and loves creating sessions that people look forward to.

Nathan has been a PT for 9 years, he loves boxing, mountain biking, football, and ice skating. He enjoys getting the best out of people by maximizing their capabilities and seeing them develop both mentally and physically.

To get started simply mention to your key / support worker and we can get In touch to have an initial chat.

If applying online, please send completed copy to MartinPodmore@maplescare.co.uk and paweldutkiewicz@maplescare.co.uk