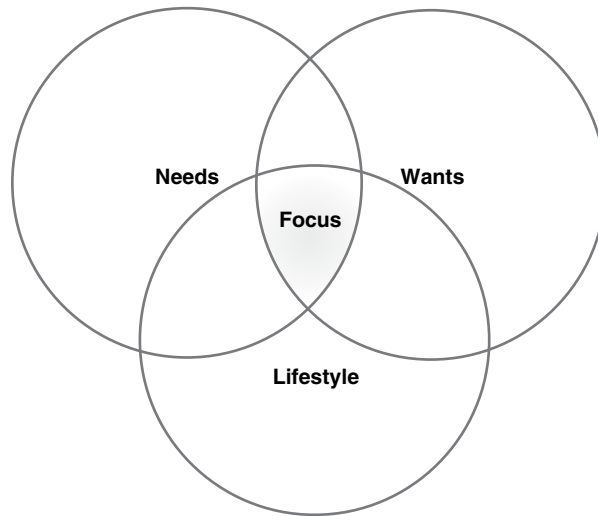


## FORM 1.3 Gathering Information Interview Worksheet

Trainer's name: \_\_\_\_\_

Client's name: \_\_\_\_\_



Injuries or health issues: \_\_\_\_\_

\_\_\_\_\_

Current activities—FITT: \_\_\_\_\_

\_\_\_\_\_

Preferred activities: \_\_\_\_\_

\_\_\_\_\_

Commitment (stage of change): \_\_\_\_\_

Summary of top two objectives:

1. \_\_\_\_\_

2. \_\_\_\_\_