

Personalized Fitness Journeys

How NU Wonderful U LLC Tailors Programs to Meet Individual Goals

NU Wonderful U LLC: Fitness Coach Assessment Questions for Clients

At NU Wonderful U LLC, we believe in tailoring fitness programs to meet the individual goals and needs of each client. To create the most effective and personalized fitness plan, we conduct a detailed assessment. Here is a list of questions that our fitness coaches use to better understand and assist our clients.

Personal Information

1. **What is your full name?**
2. **How old are you?**
3. **What is your current occupation?**

Health and Fitness Background

1. **Do you have any current or past injuries or health conditions that we should be aware of?**
2. **Have you ever worked with a fitness coach or personal trainer before? If so, what was your experience like?**
3. **How would you describe your current fitness level?**
 - Beginner
 - Intermediate
 - Advanced

Fitness Goals

1. **What are your primary fitness goals?**
 - Weight loss
 - Muscle building

- Increased endurance
 - Flexibility and balance
 - Overall health and wellness
2. **Are there any specific events or milestones you are training for?** (e.g., a marathon, wedding, etc.)
 3. **What motivates you to pursue these fitness goals?**

Lifestyle and Habits

1. **How often do you currently exercise, and what types of exercise do you engage in?**
2. **Describe a typical day in terms of activity level.**
 - Sedentary
 - Lightly active
 - Moderately active
 - Very active
3. **How many hours of sleep do you typically get per night?**

Nutrition

1. **Would you describe your dietary habits as balanced? If not, what areas do you think need improvement?**
2. **Do you have any dietary restrictions or preferences?** (e.g., vegetarian, vegan, gluten-free)

Preferences and Availability

1. **What type of exercise do you enjoy the most?**
 - Cardio
 - Strength training
 - Yoga/Pilates
 - Group classes
 - Outdoor activities
2. **What days and times are you available for training sessions?**
3. **Do you prefer in-person sessions, virtual sessions, or a combination of both?**

Additional Information

1. **Is there anything else you would like us to know that would help us in creating your fitness plan?**

This assessment helps our fitness coaches at NU Wonderful U LLC to construct a personalized and effective fitness program tailored specifically to each client's needs and objectives. We are committed to supporting our clients on their journey to a healthier and more fulfilling lifestyle.



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COMPLETE WELLNESS FROM HEAD TO SOUL