METINA

TAILORED PERSONAL TRAINING

DATE

BEFORE OUR FIRST MEETING

Goal assessment

Tell me everything you want to achieve, and by when. I'll reply with a realistic timeline, a tailored price proposal and my advice to get started.

01 Identity

FULL NAME

HOW DID YOU HEAR ABOUT ME?

EMAIL

PHONE

02 Goals

> Write down everything you want to achieve: body, performance, health, confidence, habits. Big or small, it all counts.

03 Goals in detail

> For each goal: where you start, where you want to be, and by when. Example: "Run 10 km · today 3 km · 10 km non-stop · June 2027 · priority 1".

MY GOAL	WHERE I AM TODAY	WHERE I WANT TO BE	BY WHEN	PRIORITY
1				○ 1 ○ 2 ○ 3
2				○ 1 ○ 2 ○ 3
3				○ 1 ○ 2 ○ 3
4				○ 1 ○ 2 ○ 3
5				○ 1 ○ 2 ○ 3

04 Timeline

Do you have an important date (wedding, holiday, race, summer…)? ○ Yes ○ No

Which one, and when?

How long do you want to commit for?

☐ 1 month ☐ 3 months ☐ 6 months ☐ 12 months ☐ Not sure yet

This deadline is:

☐ Flexible ☐ Important ☐ Non-negotiable

05 Commitment

Sessions per week:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more

Format you're interested in:

☐ Online programme ☐ Video call sessions ☐ Sessions at home ☐ Not sure

Monthly budget in mind:

☐ Under CHF 150 ☐ CHF 150–300 ☐ CHF 300–500 ☐ Over CHF 500 ☐ To discuss

Your availability (days, times):

06 Place and equipment

Where do you want to train?

☐ Gym ☐ Home ☐ Outdoors ☐ A mix

Equipment available:

☐ Dumbbells ☐ Kettlebell ☐ Barbell and plates ☐ Resistance bands ☐ Bench ☐ Pull-up bar
☐ Mat ☐ Jump rope ☐ Bike / rower / treadmill ☐ None

Details (gym name, dumbbell weights, space available…):

07 Areas to work on

Priority:

☐ Shoulders ☐ Arms ☐ Chest ☐ Back ☐ Abs / core ☐ Waist ☐ Glutes ☐ Thighs ☐ Calves
☐ Whole body

For these areas, you mainly want to:

☐ Slim down ☐ Tone ☐ Build size ☐ Get stronger

08 Motivation

Why does this matter to you, now?

What has stopped you so far?

Your motivation today:

LOW ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10 MAXIMUM

How will you know you've succeeded? What will have changed?

— My reply

Filled in by David after reading your assessment.

ESTIMATED TIMELINE

RECOMMENDED PLAN

PROPOSED PRICE

My advice to get started: