



FITRM
ACADEMY
CONTINUAL IMPROVEMENT

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Introductory Questionnaire

New Athletes Name: _____

Thanks for agreeing to join the **FITRM Academy** of students. You have already scheduled your first session with you Fitness Mentor. Please take a moment to complete the following questions. If possible email your completed form to randy@fitrm.com or feel free to bring it with you to your first session.

1. What was your reason for contacting us?
2. What sports are you currently participating in or have played in the past?
3. Have you ever had a private fitness coach in the past? If so, for how long and what was your experience?
4. Can you describe three areas of improvement that would make your experience with us enjoyable?
5. How many hours a week do you spend playing/practicing or participating in sports?
6. How much time can you devote per week to improving your desired sports performance and overall fitness?