



FOCUSAWARDS 



Client Consultation Sheet
Changing Health Related Behaviours

Client Interview & Physical Assessments

1. Polite greeting (now get ready to make brief notes)
2. Complete the form below detailing the relevant information
3. Introduce yourself (Name & role), and EXPLAIN what you do and how you can help
 - a. *“so, talk to me about why you’re here today”*
 - b. *“can you tell me a bit more about x?”*
 - c. *“what do you do for a living?”*
 - d. *“what else do you like to get up to?”*
 - e. *“talk to me about how you like to exercise...”*
 - f. (use follow-up / open questions) to get more info!
4. Signpost to other professionals? (if needed)

Name of client:	
Date of birth:	Gender: M / F
Physical / health related assessments	
Height:	
Weight:	
BMI:	
Blood Pressure (if applicable):	
Other physical measures (cm) – If applicable:	
	Shoulders
	Chest
	Tummy
	Hips
	Waist
	Glutes
	Other
Fitness testing assessment	
Fitness test selected	
Fitness test notes	
Fitness test results	

Client barriers to exercise:

Client motivators (what keeps them motivated):

Strategies to overcome barriers and maximise motivators:

Lifestyle, occupation and hobbies:

Exercise preferences (likes & dislikes):

Likes:

Dislikes:

Client's overarching goals

SMART goals

Short-term:

Medium-term:

Long-term:

How will goals be reviewed?

Short-term:

Medium-term:

Long-term:

Consultation conclusion:

Tick if complete

Held a general conversation getting to know the client	
Conducted health related measurement assessments	
Conducted a relevant fitness test	
Established exercise preferences	
Established specific short, medium, and long-term goals	
Thank client for their time and book next session	

This Learner Achievement Portfolio (LAP) was developed in accordance with Focus Awards qualification structure.

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Summit wishes to emphasise that whilst every effort is made to ensure accuracy, the material contained within this document is subject to alteration or amendment in terms of overall policy, financial or other constraints.

