



FOCUS AWARDS 



**SUMMIT**  
FITNESS

Client Consultation Sheet  
Changing Health Related Behaviours

## Step 2e. Client Consultation Sheet

You must use this consultation form to conduct the consultation.

### 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
4. Then, using the prompts and follow-up questions below, get a conversation flowing...

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. *“talk to me about how you like to exercise...”*

(use follow-up / open questions) to get more info and signpost to other professionals? (if needed)

<b>Name of client</b>
<b>Lifestyle, occupation and hobbies</b>
<b>Client motivators (what keeps them motivated)</b>
<b>Client barriers to exercise</b>
<b>Strategies to overcome barriers and maximise motivators</b>
<b>Exercise preferences</b>
<i>Likes</i>

<i>Dislikes</i>		
<b>Nutritional information</b>		
<b>Date of birth</b>		<b>Gender</b>
<b>Physical / health related assessments</b>		
Height:		
Weight:		
BMI:		
Blood Pressure (If applicable):		
Other physical measures (cm) – If applicable:		
	Shoulders	
	Chest	
	Tummy	
	Hips	
	Waist	
	Glutes	
	Other	

**SMART goals** *(explain and agree goals with client here)*

**S**  
*(specific)*

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**M**  
*(measurable)*

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**A**  
*(agreed)*

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**R**  
*(realistic)*

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**T**  
*(time-phased)*

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**Goal**

**How / when will this be reviewed?**

**Short-term**

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**Medium-term**

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--

**Long-term**

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**Fitness testing assessment**

**Fitness test selected**

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**Details for completing the fitness test**

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**Consultation conclusion**

**Tick if complete**  
**(✓)**

Held a general conversation getting to know the client

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Conducted health related measurement assessments

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Selected and described details of a relevant fitness test

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Established exercise preferences

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Established specific short, medium, and long-term goals

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Thank client for their time and book next session

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