



*Please fill out the following questionnaire and email it back to [info@barbellmedicine.com](mailto:info@barbellmedicine.com).*

*We will use this information to write your customized plan.*

1. **Name:**
2. **Gender:**
3. **Age:**
4. **Height:**
5. **Weight:**
6. **Waist measurement (around belly button):**
7. **Hip measurement (around widest area):**
8. **Neck measurement:**
9. **Do you have any medical issues, past or present? If so, please list below along with any medication, surgeries, or other treatments you have received for them.:**
10. **Bodyfat % (use Navy BF test if unknown available [here](#)) :**
11. **Overall goal(s):** please include any specific goals for your training and/or body composition
12. **Do you have an upcoming meet or competition? If so, what is the date and what federation?**
13. **Please describe your current training by providing a sample week of training along with your current work sets for squat, bench press, press, and deadlift.**
14. **What are your all-time best 1 rep maxes for the squat, bench, press, and deadlift?**
15. **How many times per week do you train currently? Can you train more days if necessary?**
16. **What does your work schedule look like and how hard is it to eat while working?**
17. **Any injuries (current or present)? If so, what movements can you not do?**



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**Please include any other pertinent info that you think our coaches need to know and we'll start laying out a plan to hit your goals!**