PERSONAL TRAINER / 01

DEFINE GOALS, EXPERIENCE, AND PREFERENCES

Describe what you want from the service without using this page as a health screen or exercise plan.

A helpful preparation resource from PickYourPro.ai. Fill in digitally or print. Keep your completed copy private.

Non-medical goals, practical outcomes, and why personal training would be useful now

Prior training or activity experience, what felt helpful, and what did not fit

Activities or training styles I enjoy, dislike, want to explore, or prefer to avoid

Instruction, feedback, encouragement, communication, privacy, and learning preferences

Accessibility or accommodation preferences to discuss privately with the trainer

Questions, boundaries, unknowns, and sensitive topics to keep out of a public request

Preparation only. Not an exercise prescription, health screening, diagnosis, medical clearance, nutrition plan, rehabilitation service, or result guarantee.

PERSONAL TRAINER / 02

ORGANIZE LOGISTICS, SUPPORT, AND BOUNDARIES

Record service preferences and logistics. Let the trainer confirm what they can provide.

Preferred days, time windows, session frequency to discuss, start timing, and scheduling constraints

Preferred in-person, virtual, or small-group format; location, travel, privacy, and access details

Equipment or space available, equipment the trainer may provide, and responsibilities to clarify

Between-session communication, reminders, records, feedback, accountability, or support wanted

Readiness, scope-limit, pause, referral, or professional-coordination questions to discuss privately

Cancellation, rescheduling, substitute-trainer, communication, ending-service, and issue-resolution preferences

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PERSONAL TRAINER / 03

MAP SESSIONS, SUPPORT, AND PROGRESS REVIEWS

Tick items to discuss. The trainer and appropriate health professionals must confirm their roles.

- [ ] Goals and experience are described without a promised outcome
- [ ] Preferences, boundaries, accessibility, privacy, and communication needs are recorded
- [ ] Sensitive health information stays out of a public request
- [ ] Readiness questions and scope limits will be explained
- [ ] Initial assessment or conversation will be defined
- [ ] Session format, location, equipment, and support will be written
- [ ] Progress review and service-scope changes will be clarified
- [ ] Referral or coordination approach will be discussed when appropriate

Initial conversation or assessment, readiness questions, scope limits, and referral approach proposed

Session format, instruction, equipment, support, records, and progress-review approach proposed

Client, trainer, facility, group, equipment, communication, and professional-coordination responsibilities

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PERSONAL TRAINER / 04

QUESTIONS FOR THE PERSONAL TRAINER

Record the answer and the service description, policy, schedule, or written term that supports it.

Fit: how will you learn about goals, experience, preferences, readiness, and boundaries?

Start: what conversation or assessment happens before sessions, and what is outside your scope?

Sessions: what format, instruction, equipment, location, duration, and between-session support are included?

Progress: how are goals and progress reviewed, documented, discussed, and adjusted?

Team: who provides sessions, what background or credentials do you present, and how do referrals or concerns work?

Terms: how do scheduling, cancellations, price structure, added services, changes, communication, and ending service work?

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PERSONAL TRAINER / 05

COMPARE THE SAME TRAINING SERVICE SCOPE

Use A and B in every box. Clarify different goals, formats, support, or readiness assumptions first.

Trainer A / B / conversation dates / goals, experience, preferences, boundaries, and logistics reviewed

Assessment, session format, location, equipment, instruction, support, records, and exclusions - A / B

Progress review, referrals, responsibilities, scheduling, cancellations, communication, and changes - A / B

Team, background or credentials presented, timing, complete price structure, written terms, and fit - A / B

READY TO HEAR FROM PROS?

Create an account on PickYourPro.ai and start a Personal Trainer request if you choose; this step is optional. Share non-sensitive goals, preferences, availability, and service-scope needs so participating pros can compete with proposals. Compare session scope, support, responsibilities, timing, complete price structure, written terms, and fit.

One request. Every pro's best offer.

Start a request

Participation varies. A private readiness and goals conversation may be needed before a final training proposal.

Planning guide: https://www.pickyourpro.ai/services/personal-trainer

CDC: About Physical Activity (official reference)

HHS: Physical Activity Guidelines for Americans (official reference)

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