Remote Personal Training Intake Form:

I am so proud of you for choosing to make health a priority during these trying times. In order for me to effectively program for our remote training sessions please check all that applies below in regards to what you have in your house.

- Canned food
- Chairs
- Coffee Table
- Books
- Stairs
- Kitchen Table
- Couch
- Broom
- Exercise Bands
- Exercise Ball
- Cardio Machine
- Cable Machine
- Free weights
- (list out below)
- Medicine Ball
- Tennis Ball
- Paper Plates
- Textbooks
- Plastic/Reusable bags

Please let me know about any other items or equipment you may have that could be used.

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