

Harris Physical Fitness – Before You Begin Training

WHAT TO EXPECT BEFORE YOUR FIRST SESSION

To ensure your training experience is efficient, personalized, and productive, please complete the **Health & Fitness Questionnaire**, **Release of Liability**, and **Guidelines & Conditions** forms before your initial consultation. These forms are available at: www.harrisphysicalfitness.com/forms

Submit your completed forms to your trainer prior to your first meeting. In some cases, a **physician's release** may be required before training can begin.

YOUR INITIAL CONSULTATION INCLUDES:

- Review of your health and fitness questionnaire
- Discussion of your current eating & drinking habits
- Body fat assessment and measurements
- Goal setting and program overview

Please bring a **pair of shorts** for accurate measurements and potential skinfold caliper testing. Payment for your selected personal training package is due at the conclusion of your consultation.

RECOMMENDED TOOLS FOR SUCCESS

To maximize your results, we encourage all clients to use the following:

1. Workout Journal

A workout journal helps track progress, workouts, and goals. Amazon has several options.

2. Heart Rate Monitor (HRM)

Monitoring your heart rate helps ensure you're training at the right intensity. Affordable options are available on Amazon. FitBit, smart watches, and similar devices work well.

3. MyFitnessPal Account

MyFitnessPal is a free food journaling app that allows your trainer to review your nutrition and provide guidance. Create your account at: www.myfitnesspal.com

After creating your profile, please send your login information to your trainer so your diet can be monitored and supported.

NEXT STEPS

If you plan to purchase your journal or HRM from Amazon, please do so as soon as possible. These tools are essential for effective training sessions and long-term progress.

For questions, contact: **Dara | 806-676-7043 or DaShawn | 806-683-3878**

