**Client interview template**

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| **Name of client:** |
| **Date of birth:** | **Gender: M / F** |
| **Physical assessments** |
| **Height:** |  | **Other assessments:** |
| **Weight:** |  |  |
| **BMI:** |  |  |
| **Client barriers:**  |
| **Client motivators:**  |
| **Strategies to overcome barriers and maximise motivators:** |
| **Lifestyle, occupation and hobbies:** |
| **Exercise preferences:** |
| **Client’s overarching goals** |
|  |
| **SMART goals** |
| **Short-term:** |
| **Medium-term:** |
| **Long-term:**  |
| **How will goals be reviewed?**  |
| **Short-term:** |
| **Medium-term:** |
| **Long-term:**  |