

Section 4: Your lifestyle

Please answer the following questions to the best of your knowledge.

1. How many units of alcohol do you drink in a typical week? **24**
2. Do you smoke? **Yes** If yes, how many cigarettes a day? **3 a day**
3. Do you experience stress on a daily basis? **Yes**
If yes, what causes you stress (if you know)? **I worry that my work may interrupt my training programme in the future.**
4. On average, how many hours sleep do you get per night? **7**

Section 5: Health monitoring tests

Test results

| Test | Result |
|--------------------|-------------|
| Blood Pressure | 123/81 mmHg |
| Resting Heart Rate | 65 bpm |
| Body Mass Index | 35 |
| Waist-to-Hip Ratio | 0.80 |

Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

To win my next weightlifting competition in 3 months' time.

To increase my strength and the amount of weight I can lift.

CLIENT DECLARATION

I have understood and answered all of the above questions honestly.

Signed client: J. Smith

Print name: John Smith

Date: 11/09/16