



Welcome!

Welcome to the CrossTrain Fitness Personal Training Program! We look forward to helping you reach your health and wellness goals.

Please take a few moments to **fill out this packet of information**. This information will help your Personal Trainer to learn more about you and will allow them to serve you better.

If you have any questions about the paperwork, please give us a call. We would appreciate having the paperwork returned to Deb **PRIOR** to your initial consultation.

Thank you!