

Kaitz Performance Training

Client Information Card

Name: _____

Date: _____

Phone(w): _____

Phone(h): _____

Email: _____

General Availability: please circle the best times and days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Am (6-9a)	Am (6-9a)	Am (6-9a)	Am (6-9a)	Am (6-9a)	Am (6-9a)	Am (6-9a)
Day(9-3p)	Day(9-3p)	Day(9-3p)	Day(9-3p)	Day(9-3p)	Day(9-3p)	Day(9-3p)
Eve (3-7p)	Eve (3-7p)	Eve (3-7p)	Eve (3-7p)	Eve (3-7p)	Eve (3-7p)	Eve (3-7p)

Goals:

- Weight loss Notes _____
- Increase strength Notes _____
- Increase lean mass Notes _____
- Sport Specific Notes _____
- Toning Notes _____
- Flexibility Notes _____
- Injury Rehabilitation Notes _____
- Other Notes _____

John Kaitz

Kaitz Performance Training

Phone: 650-576-3953 Email: jkaitz@att.net Web: www.KaitzTrainingSystems.com