



## Female Personal Training Questionnaire

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Are you having regular menstrual cycles?
2. When did your most recent period end?
3. What is the duration of your menstrual cycle?
4. Are you pregnant or trying to get pregnant?
5. Have you ever given birth? If so, was it vaginal or cesarean?
6. Are you currently experiencing symptoms of menopause? Which symptoms?
7. If you are experiencing symptoms of menopause, are you in peri menopause or post menopause?