



In order to undertake any service with me, I ask all potential clients to complete the following Pre-Consultation Form, in detail, so I can get a better insight into you, your background and your goals.

Once completed, please email this form back to me at mhowley7@gmail.com. I will respond as soon as I can (usually within 3 - 5 business days).

YOUR PERSONAL DETAILS

Name:

Age:

Email:

Phone:

Weight:

Height:

About you: (Lifestyle, Occupation, Illnesses, Dietary Needs - NOT your goals)


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YOUR GOALS

What are your goals? (Please number goals in order of importance, 1 being most important)

Lose body-fat	
Build muscle	
Get stronger	
Get fitter	
Performance based	
Other	

 Email me: mhowley7@gmail.com

 Call me: 087 0539407

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Please expand on your goals: (Quantify your targets/expectations/timescale/previous experiences)

YOUR CURRENT DIET


How many meals per day do you currently eat on average?

Do you eat similar meals each or are they more varied? (Please expand)

If you are able to, please write down a TYPICAL day's food and drink:

Meal 1	
Meal 2	
Meal 3	
Meal 4	
Meal 5	
Meal 6	

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What is this typical day of eating trying to achieve? (i.e. does it have a specific goal?)

Do you currently use any supplements or medications? YES / NO


If YES, please list them with details (Quantities, consumption, brands etc.)

Please list (with approximate dates) any supplements and in particular, medications (including antibiotics) you have used in the last year:

SUPPORT

In very simple, practical terms, what is it that you need to do to achieve your goals? (i.e. what can I do for you?)

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What area(s) do you want support in?

**Nutrition
ONLY**

**Training
ONLY**

**Training
AND
Nutrition**

The different service packages I offer vary in terms of the level of support, time and client effort required. To better help advise you on the most appropriate and effective service for your individual goals, please indicate the budget most applicable to your current situation.

< €100

€100 -€200

€200 - €300


> €300

Additional comments on budget: (if needed)

Please state your DIETARY requirements: (i.e. any foods you can/will not eat)

Please state your EXERCISE requirements (i.e. any exercise you can/will not perform AND any exercises you definitely want to perform)

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YOUR CURRENT TRAINING

Have you experience resistance training / going to the gym? (please expand) (are you currently a member of a gym or any sports clubs?)

Describe your previous training / exercise history (i.e. timeframe, enjoyment, type etc.)

Do you have any injuries/medical conditions that impact your ability to exercise? (currently or previously)

What is your ideal training schedule? (i.e. how often would you like to train?)

What is your main priority when training?



Please describe your current training / level of exercise by completing the following table. (Type of exercise/ training, the duration it lasts, description paying attention to difficulty/intensity/volume)

CURRENT EXERCISE LEVEL						
	AM			PM		
	Type	Duration	Description	Type	Duration	Description
MON						
TUES						
WED						
THURS						
FRI						
SAT						
SUN						

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EXTRA INFORMATION

Have you previously sought dietary / exercise advice? (If so, please expand)


Do you own a digital bathroom scales?

Do you own a digital kitchen scales? Would you be willing to track food intake by weighing out food portions?

Where are you based? (Geographically)

Do you have access to Skype / Facetime should your consultation need to be remote? (I prefer to have consultations in person however I know this is not always possible. I am currently based between Castlebar and Sligo town)

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Where / How did you find out about Howley Health? (e.g. through social media, personal referral, google etc. please expand where possible)

Would you be willing to provide a testimonial and/or before and after photos (if applicable) for use on social media and the Howley Health and Performance website?


Thank you for taking the time to fill this in.

To start changing your life today, please return this filled in form to me at:

mhowley7@gmail.com

I look forward to working with you!

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