

## Client Summary Sheet – initial interview

1. What are your client's needs? \_\_\_\_\_

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*(D437.2.2)*

2. What is your client's readiness to participate in a physical activity / nutrition programme? \_\_\_\_\_

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*(D437.2.2)*

3. What is your client's readiness to change behaviour? \_\_\_\_\_

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*(D437.2.2)*

4. What are the advantages for your client in participating in a physical activity programme? \_\_\_\_\_

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*(D437.2.3)*

5. What are your client's barriers? \_\_\_\_\_

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*(D437.2.3)*

6. What strategies have you agreed with the client to prevent drop-out, non-compliance or relapse?

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(D437.2.7)

7. What are the agreed SMART long-term goals (fitness and nutrition)? \_\_\_\_\_

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(D437.2.4)

Medium-term goals? \_\_\_\_\_

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(D437.2.4)

Short-term goals? \_\_\_\_\_

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(D437.2.4)

8. When are your agreed review/evaluation points to ascertain your client's progression? \_\_\_\_\_

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(D437.2.8)

9. Does your client need to be referred to another professional (for health, medical, fitness or nutrition reasons)? If yes, whom? \_\_\_\_\_

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(D437.1.6)