



FOCUSAWARDS 



Client Consultation Sheet
Changing Health Related Behaviours

Client Interview & Physical Assessments

1. Polite greeting (now get ready to make brief notes)
2. Introduce yourself (Name & role), and EXPLAIN what you do and how you can help
 - a. *“so, talk to me about why you’re here today”*
 - b. *“can you tell me a bit more about x?”*
 - c. *“what do you do for a living?”*
 - d. *“what else do you like to get up to?”*
 - e. *“talk to me about how you like to exercise...”*
 - f. (use follow-up / open questions) to get more info!
3. Signpost to other professionals? (if needed)

Brief notes:

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Name of client:		
Date of birth:	Gender: M / F	
Physical assessments		
Height:		Other assessments:
Weight:		
BMI:		
Client barriers:		
Client motivators:		

Strategies to overcome barriers and maximise motivators:

Lifestyle, occupation and hobbies:

Exercise preferences:

Client's overarching goals

SMART goals

Short-term:

Medium-term:

Long-term:

How will goals be reviewed?

Short-term:

Medium-term:

Long-term:

This Learner Achievement Portfolio (LAP) was developed in accordance with Focus Awards qualification structure.

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