

# Individualized Pre-Screen

## Prepare in Advance



1. What are some methods that haven't worked for your client?
2. Are there any diet culture myths or issues to address and debunk?
3. Is there time to have this client take the Meyers-Briggs test to get a true sense of their personality?

## Schedule Client Check-in Times



1. During what time of the day does your client feel they are at their optimum level of energy? AM/PM?
2. Does this client have days of the week that they reserve for their self-care and off-grid time?
3. Does your client prefer video, in-person (if available), text, or email to communicate?

## Food as Fuel



1. Does this client have a clear understanding of basic macronutrition?
2. What cultural considerations do you want to keep in mind with food?
3. What healthy ways can this client use to learn about whole food nutrition besides calorie counting and tracking?

## All of the Other Questions

Are there any topics you want to cover related to ways to include your circle of care in order to address additional health concerns or needs outside of your scope of practice?



## Relationship Building

1. If your client could vacation anywhere in the world, where would it be and why?
2. What was your client's upbringing like related to exercise and eating?
3. What are 3 common traits you share?



## Here to Serve

Be empathetic of a client's road to progress. You're here to be their coach and mentor, while also building rapport through your ability to serve them. Not every client is the same, as everyone has their unique nuances. Take time each week to find those with your client.



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# ACE IFT® MODEL EXERCISE PROGRAMMING TEMPLATE

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

Client Goals: \_\_\_\_\_

Client-centered Considerations: \_\_\_\_\_

Frequency (active and rest days): \_\_\_\_\_

Cardiorespiratory Training Phase: \_\_\_\_\_

Muscular Training Phase: \_\_\_\_\_

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|---|--|
| <p><input type="checkbox"/> <b>Base Training</b><br/><i>Focus on moderate-intensity exercise below the talk test threshold</i></p> <p><input type="checkbox"/> <b>Fitness Training</b><br/><i>Build on Base Training through the introduction of zone 2 intervals performed from VT1 to just below VT2</i></p> <p><input type="checkbox"/> <b>Performance Training</b><br/><i>Build on Fitness Training and introduce zone 3 intervals performed at and above VT2</i></p> | <p><input type="checkbox"/> <b>Functional Training</b><br/><i>Focus on establishing postural stability and kinetic chain mobility</i></p> <p><input type="checkbox"/> <b>Movement Training</b><br/><i>Focus on training the five primary movement patterns while incorporating Functional Training exercises in the warm-up and cool-down</i></p> <p><input type="checkbox"/> <b>Load/Speed Training</b><br/><i>Focus on load and speed goals while including Functional Training exercises in the warm-up and cool-down and loading primary movement patterns</i></p> |
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Exercise Goal*	Exercise/Exercise Mode	Intensity†	Volume‡
<b>Warm-up:</b>			

