

# Client Onboarding Cheat Sheet for Personal Trainers

Having a well-planned onboarding process helps ensure you can give your new clients the proper time, support, and attention right from the beginning.

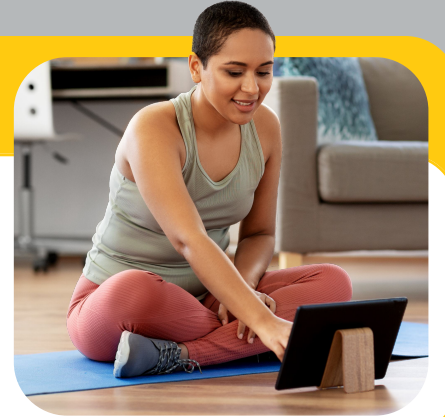
This, in turn, can increase the likelihood that they'll stick with you for the long run. Here are our top tips to help you make the best first impression possible.

## INITIAL CONSULTATION

Schedule a comprehensive initial consultation to discuss fitness goals, medical history, and any concerns or preferences your new client may have.

## FITNESS ASSESSMENT

Asses your client's current fitness level. This helps identify strengths, weaknesses, and areas for improvement to customize an effective training plan.



## ESTABLISH GOALS AND A PERSONALIZED TRAINING PLAN

Following your assessment, the next step is to establish specific, measurable, and achievable goals. These goals serve as the roadmap to keep your new client focused and motivated.

Based on these goals and the assessment results, design a personalized training program tailored to the specific needs, abilities, and preferences of your client. This helps them to see results early and often, building their trust in you... and their desire to keep coming back!

We also recommend establishing a set training schedule during the onboarding process. Build it around your client's current lifestyle and commitments in order to ensure consistency and progress.



## SHARE YOUR KNOWLEDGE

Once training has begun, you can empower you clients to make informed decisions about their health and fitness.

Educate them on proper exercise techniques, injury prevention tips, and sustainable lifestyle habits for long-term success.

## PROVIDE ONGOING SUPPORT

Conduct regular check-ins, especially early on in their fitness journey with you! This makes it easier to track client progress, make adjustments, and keep them engaged.

Clear lines of communication are essential. Be sure they know where and when to best contact you with questions or concerns.

## CELEBRATE MILESTONES

It's so important to celebrate your clients' milestones – especially if they are first starting out – to keep them motivated and inspired.

For example, if your new client consistently attends scheduled sessions for one month, you could offer a complimentary session or a small gift (water bottle, resistance bands, etc.) as a token of appreciation for their commitment.

Rewards don't have to be extravagant or costly; the goal is to acknowledge and reinforce positive behavior. Tailor rewards to each client's preferences and interests to ensure they feel valued and appreciated for their hard work and dedication. The more they feel truly cared for, the more likely it is they stick with you for good!



## STREAMLINE YOUR CLIENT ONBOARDING WITH ABC TRAINERIZE

When you power your training with ABC Trainerize, you can add clients on-the-go from any device – smart phone, computer, or tablet.

There's also no need to worry about paperwork – consultation forms, contracts, waivers and other documents are stored in each client's profile.

We also help ensure your clients receive the ultimate training experience, right from day one. With fitness, nutrition, and habit-coaching features, plus in-app messaging, progress tracking, and more – it's everything you need to motivate, inspire, and keep your clients coming back for more.

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**30-DAY FREE TRIAL TODAY!**