

# Fitness Center Health Assessment and Goal Setting

Dear [Client's Name],

Thank you for choosing [Fitness Center Name] for your health and fitness journey. We are excited to assist you in achieving your goals! This letter outlines the health assessment and goal-setting process.

## Health Assessment

Your health assessment will include:

- Body Composition Analysis
- Cardiovascular Endurance Test
- Strength and Flexibility Evaluation
- Health History Review

## Goal Setting

Based on the results of your assessment, we will work together to set realistic and achievable goals. Here are some examples:

- Weight Loss: Target X lbs in Y months
- Muscle Gain: Increase strength by X% in Y months
- Improved Endurance: Achieve X minutes of cardio without stopping

Please reply to this email to confirm your appointment for the health assessment on [Date] at [Time]. We look forward to supporting you on your fitness journey!

Sincerely,

[Your Name]  
[Your Position]  
[Fitness Center Name]  
[Contact Information]