



On a scale of 1-10, how would you rate your current fitness level (1 = worse, 10 = best)? _____

If your current fitness level is not what you believe it should be, what are the primary reasons?

- _____ Lack of interest
- _____ Not interested
- _____ Illness or injury
- _____ Unsure what to do
- _____ Lack of time
- _____ Other _____

What activities are you presently involved in?

Which of the following do you perform with each physical activity session?

- _____ Warm-up
- _____ Stretching
- _____ Workout
- _____ Cool-down

Please circle your physical activity preferences:

- | | | |
|--------------------|--------------------|-------------------|
| _____ Inside Gym | _____ Outside | _____ Combination |
| _____ Large Groups | _____ Small Groups | _____ Alone |
| _____ Mornings | _____ Afternoons | _____ Evenings |

Realistically, how often would you like to workout per week? _____ times per week

Realistically, how much time would you like to spend per workout? _____ hours per session

What are the best days during the week for you to commit to your exercise program?

Mon Tues Wed Thurs Fri Sat Sun

If you could design your own exercise program, what would your ideal training week look like to you? Be specific and list your favorite activities, rest days etc.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Comments:
