

EXERCISE HISTORY & GOALS

Date:

Name:

Are you currently exercising? (If Yes, answer the following)

- What does your program consist of ?

-
-
-
-
-
-
-

- Have you been consistent?

-

- What are you trying to achieve that you're not getting now? (Be specific i.e. fit into old jeans)
And why is that important to you?

-
-
-

- (If not currently exercising) *Have you exercised in the past?*

- If yes, use same questions above in past tense along with....

-

- What changes have you noticed since you stopped exercising?

-
-
-

- What are your goals now, and why is it important to you? (Be specific i.e. fit into old pair of pants)

-
-
-
-

- (If new exerciser)

- When was the last time you felt good, or at least better, about your level of fitness?

-
-

- What were you doing then?

-
-
-

- What would you like to accomplish now, and why is it important to you?

What is your primary interest in working with a Personal Fitness Professional?

Do you have a time frame in mind to accomplish your goals?

-