



PERSONAL PROFILE INFORMATION

Name: _____

Date: _____

Email: _____

Birthday: _____

1) Exercise History (check one)

_____ Never exercised

_____ It has been ___ month since I've exercised

_____ I am currently involved with exercise

2) Activities you enjoy: _____

3) Describe your lifestyle (check one)

_____ Inactive

_____ Somewhat active

_____ Active

_____ Very active

If inactive, please list reasons: _____

4) What are your fitness goals:

_____ Weight loss

_____ Tone

_____ Strength

_____ Improved well-being

_____ Rehabilitation

_____ Sport-specific

_____ Cardiovascular endurance

Specifically describe what you would like to accomplish through your fitness program during the next:

1 month _____

6 months _____

1 year _____

5) How many days a week can you participate in planned exercise? Please list the days and times that are convenient for you.

