

Introduction questionnaire

Name:

Age:

What is your workout experience?

How often do you workout?

Do you find working out to be a chore?

How much time could you dedicate a day to training?

Do you belong to a gym?

What gym equipment do you typically use?

If you train from home, what equipment do you use? If none, would you be willing to purchase some?

Do you feel you have any weak points in your riding? If so, Explain.

How often do you ride?

What are 1-3 main goals for your health and fitness?

What are 1-3 riding goals?

What motivates you?

What makes you unmotivated?

Do you have any injuries?

Please feel free to include any additional information!