Exercise History and Attitude Questionnaire

Na	ame:		Date:					
	eneral Instructions: Please fill out to niner for assistance.	his form as complete	ly as possible. If	you have any questio	ns, please ask you			
1.	Rate yourself on a scale of Circle the number that BES	,	g the lowest va	alue and 5 indicatir	ig the highest).			
	a) Characterize your pro 1 2	esent athletic abili 3	ity. 4	5				
	b) When you exercise, 1 2	how important is o	competition? 4	5				
	c) Characterize your pro	esent cardiovascu 3	ular capacity. 4	5				
	d) Characterize your pr 1 2	esent muscular ca 3	apacity. 4	5				
	e) Characterize your pro 1 2	esent flexibility ca 3	pacity. 4	5				
2.	Were you a high school and a. If yes, please spe	•		NO				
3.	Do you have any negative f testing and evaluation?	eelings toward, or YES	have you had NO	I any bad experien	ce with, fitness			
	a. If yes, please exp	lain:						
4.	Do you start exercise progra YES NO	ams but then find	yourself unab	e to stick with ther	n?			
5.	How much are you willing tominutes/day	o devote to an exe days/w		?				
6.	What types of exercises into a. Walking b. Cycling Stationary biking Ro d. Tennis	Jogging Dance exercise	tacquetball	ning c.				
7.	Are you currently involved in a. YES NO	n regular enduran	ce (cardiovaso	cular) exercise?				

If yes	s, what type	of exercise	se(s)					_ for:		
					minutes/day			_ days/we	ek	
8. R	ate your pe				our exercise ht (3) Sc				:	
9. H	ow long ha	ve you be	en exerci	ising reg	ularly?	_months	<u> </u>	_ years		
10.	What oth	er exercis	e, sport, (or recrea	tional activitie	es have y	ou partic	ipated in?		
	a. In	the past 6	months?	·						
	b. In	the past 5	years?							
11.	Can you Yes	exercise d	uring you No	ur work d	ay?					
				(Goal Setting	9				
trainer		he goals tha	at are appro	opriate for	tant that you se you in order to a					
Measumeasu Measumeasu Attain and m Relev	ethod of measurable- To truinable. Inable- Goals sake sure that ant- Goals sk	surement (so ally evaluate should be ch is safe and nould be per	cale or bod improvement nallenging l realistic. tinent to yo	ly fat %). ents, the go out possible our interest	ore specific. Try oal should be me e. Keep in mind i, needs, and ab ain be realistic.	easurable.	The way	you look is n	ot tangil	ole, reliable
12.	Please ra	ite your e	xercise g	oals usir	g the followir	ıg scale:				
	Extremely Important			,	Somewhat Important		_	•		Not at all Important
	1	2	3	4	5	6	7	8	9	10
		prove card dy-fat wei		ariimess	5					
		eshape or	_	body						
					ecific sport					
				ability to	cope with stre	ss				
		prove flexi crease stre	-				<u> </u>			
	-	rease suc	-							
		njoyment	gy							
		her								
15.ls	there any	specific go	oal(s) you	'd like to	work towards	s?				