



## Exercise History Questionnaire

Are you currently involved in a regular exercise program?  Yes  No

Do you regularly walk or run 1 or more miles continuously?  Yes  No

If yes, what is the average number of miles you cover in a workout?

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What is your average time per mile?

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Do you practice weightlifting or calisthenics?  Yes  No

Are you involved in an aerobic program?  Yes  No

If yes, what type(s)?

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Do you frequently compete in competitive sports?  Yes  No

If yes which one(s)?

Golf  Volleyball

Bowling  Football

Tennis  Baseball

Handball  Track

Soccer  Other: \_\_\_\_\_

Basketball  Average number of times per week: \_\_\_\_\_

In which of the following high school or college athletics did you participate?

None  Track

Football  Swimming

Basketball  Tennis

Baseball  Wrestling

Soccer  Golf

Other: \_\_\_\_\_

Do you frequently compete in competitive sports?

Walking and/or Running  Bicycling (outdoors)

Swimming  Stationary Running

Stationary Biking  Tennis

Jumping Rope  Handball

Basketball  Squash

Other: \_\_\_\_\_

Comments: \_\_\_\_\_

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NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

SIGNATURE OF PARENT: \_\_\_\_\_

WITNESS: \_\_\_\_\_

