

Participant Questionnaire

1. Please list goals or outcomes you desire from your personal training sessions in the space provided.

2. What motivated you to take part in our personal training program?

3. Do you have any negative experiences towards physical activity?

If so, please explain.

4. Have you ever included a normal resistance or cardiovascular routine in your day for longer than 90 days?

5. What barriers do you think have prevented you from participating in daily physical activity?

6. Which of the following exercises are you most interested in?
(Check all that apply)

- Walking Rowing Stretching Endurance Training Tennis
 Swimming Racquetball Group Exercise Competitive Sports Cycling
 Jogging Strength Training Water Activities Basketball
 Other: _____