

Every Body Fit

Initial Training Session - Client Goals and Status

Goals

QUESTIONS	YOUR ANSWERS
What are your long term fitness goals? <i>(Examples: become more physically fit, improve overall wellness, improve cardiovascular fitness, lower body fat, reduce blood pressure or cholesterol, manage diabetes or other health concern, train for competition)</i>	
What are your short term fitness goals? <i>(Examples: exercise 3 days per week, walk for 20 consecutive minutes, begin an exercise program, maintain a regular exercise program, learn the proper way to exercise, reduce body fat by 3%)</i>	

Current Exercise Status

QUESTIONS	YOUR ANSWERS
Are you currently exercising?	
What is your exercise regimen?	
What is the best part of your current regimen? <i>(yes, it can be when it's over!)</i>	
What is the least favorite portion of your regimen?	

Physical Fitness History

QUESTIONS	YOUR ANSWERS
Have you ever played a sport? Which ones? At what level? How long ago?	
What is your history of physical activity? <i>(Example: have you ever participated in an exercise program or maintained an exercise regimen? Have you ever had a personal trainer? Have you used strength training equipment before? How long ago were these experiences?)</i>	

Exercise Organization

QUESTIONS	YOUR ANSWERS
How many days per week can you dedicate for exercise, right now?	
How much time can you dedicate for exercise each of those days, right now?	
Do you see yourself exercising at home or at a gym or other facility?	
Will you be exercising on your own or with a partner?	
Have you encountered specific barriers to becoming more physically active?	
Do you like to track things like, time, distance, repetitions, how much, how far?? If you don't know, that is OK.	
When thinking about exercise - Do you like everything very regimented and scheduled or do you like things a little different every time??	

Tell me more

QUESTIONS	YOUR ANSWERS
Is there anything else you would like to include??	
What are your specific concerns about becoming more physically active??	
Got questions for me??	