## Exercise & Health History Attitude Questionnaire

Name:					[	Date:						
Addres												
Email:				Prim	nary P	hone #:						
1)	Please rate your exercise level on a scale of 1 to 5 (5 indicating very strenuous) for each range through your present age:											
	15-20	)	21-30	31-40	41-5	0	51+_					
2)	-	_	-	College Athlete?			No					
3)	Do you have	any ne	gative feeling	gs or had any bad	experi	ence wi	ith phys	sical act	ivity			
				evaluations?			No					
4)	Rate yourself on a scale of 1 to 5 (1 low and 5 highest value) Circle the number that best applies.											
	Characterize	your p	resent athlet	1	2	3	4	5				
	When you ex	xercise	how importa	nt is competition?	1	2	3	4	5			
	•		•	vascular capacity.		2	3	4	5			
	Characterize				2	3	4	5				
				lity capacity.		2	3	4	5			
5)	-			out then find yours				ith ther	n? Yes or			
6)	How much t		you willing t ninutes/day	o devote to an exe		-						
7)	Are you curr	ently in	volved in reg	gular endurance (ca	ardiov	ascular	) exerci:	se?				
	Yes or No If yes, specify the type of exercise											
	minutes/daydays/week											
	Rate your pe	rceptio	n of the exer	tion of your exerc	ise pro	ogram. (	Circle th	ne num	ber.			
	(1) Light	(2) Fa	airly Light	(3) Somewhat	t Hard		(4) H	ard				
8)	How long ha	ve vou	heen exercis	ing regularly?		Мо	nths		Years			

9)	What other exercise, sport, or recreational activities have you participated in?  Past 6 months?										
10)	Can you	exerc	ise dui	ring yo	ur wo	rk day?	Yes	or	No		
11)	Would a	ın Exe	rcise P	rogran	n inter	fere with	n your jo	ob?	Yes	or	No
12)	Would a	ın Exe	rcise P	rogran	n bene	efit your j	job?	Yes	or	No	
13)	What ty	pes of	fexerci	ise/spo	orts in	terest yo	u?				
	Walking Stationar Dancing	y Bike	Run/Jo Streng Zumba	gth Trai	ining	obics Ellipt Im Sports	ical		Yoga/ iming ning		Cycling Camp Hiking ss Competition
14)	Rank yo	ur goa	als in m	nderta	ıking e	vercise/f	itness n	rogram			
14)	-	_			_	u? What	-	_		et for w	nursalf
	short/lo	•		. to do	ioi yo	u: vviiat	goals to	J you w	ant to st	et ioi y	Jursen
	311011,10										
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		mport	_	ale to		_	-	-	Extre	mely in	nportant
	Not as in	mport <u>2</u>	ant 3	4	Sor 5	newhat i	mporta	nt		·	nportant
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	Not as in 1 2 2 a. Improve b. Body-F	mport 2 ve Caro =at/We	ant 3 diovasc eight Lo	4 ular Fit oss	Sor 5	newhat i	mporta	nt		·	nportant
	Not as in  1 2  a. Improv b. Body-F c. Reshap	mport  ve Caro at/Wo	ant  3  diovasceight Loone my	4 ular Fit oss body	Sor 5 :ness	newhat i 6	mporta	nt		·	nportant
	Not as in 1 2 2 a. Improve b. Body-F	mport  ve Caro  Fat/We  pe or to  ve per	ant  3  diovasceight Loone my forman	4 ular Fit oss body ce for s	Sor 5 ness	newhat i 6 : sport	mporta	nt		·	nportant
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	Not as in  1 2  a. Improve b. Body-Fc. Reshaped. Improve e. Improve	mport  ve Care Fat/We  oe or to  ve perfore  ve Flexi	ant  diovasceight Loone my forman od & ab	4 ular Fit oss body ce for s	Sor 5 ness	newhat i 6 : sport	mporta	nt		·	nportant
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<sup>\*</sup>I am committed and excited about changing my lifestyle along with my health & fitness goals!\*