



## Health and Fitness Goals

*This questionnaire will help us to understand your personal fitness goals. It is also a "contract" in which we ask you to make a commitment to three concrete steps towards fitness and health. It is not a legal contract with us but rather a personal contract that you make with yourself and with others concerned with your health. Should you have any questions, feel free to ask. Your responses will be treated in a confidential manner.*

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Your Name: \_\_\_\_\_

Please indicate your personal health and fitness-related goals:

- |                                          |                                               |                                            |
|------------------------------------------|-----------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Lose Weight     | <input type="checkbox"/> Improve Flexibility  | <input type="checkbox"/> Reduce Back Pain  |
| <input type="checkbox"/> Stop Smoking    | <input type="checkbox"/> Reduce Stress        | <input type="checkbox"/> Improve Diet      |
| <input type="checkbox"/> Feel Better     | <input type="checkbox"/> Lower My Cholesterol | <input type="checkbox"/> Aerobic Fitness   |
| <input type="checkbox"/> General Fitness | <input type="checkbox"/> Muscular Size        | <input type="checkbox"/> Muscular Strength |
| <input type="checkbox"/> Sports Specific | <input type="checkbox"/> Look Better          | <input type="checkbox"/> Injury Rehab      |

Please tell us more about your exercise patterns and goals: What is your exercise history?

What health improvements do you need?

What other health improvements do you want?

What are your activity preferences?

What barriers to success do you anticipate?

How will you know you are succeeding?

What is your motivation level? **High Medium Low**      What is your confidence level? **High Medium Low**

Please use the space below to record three concrete commitments that you are willing to make to your own health goals. For example you might commit "To arrive, ready for exercise, on Mondays, Wednesdays and Fridays by 6:30pm". These should be challenging but also realistic and attainable commitments. When finished, please sign this form to signify your personal commitment.

Commitment #1: \_\_\_\_\_.

Commitment #2: \_\_\_\_\_.

Commitment #3: \_\_\_\_\_.

Signed: \_\_\_\_\_ Witnessed By: \_\_\_\_\_