

Exercise Questionnaire

The following exercise questionnaire is designed to increase your knowledge and awareness of your overall exercise activities, and to highlight potential areas of concern.

1. Do you exercise or play a sport for at least thirty minutes three or more times a week? Yes No

2. Do you warm up and cool down by stretching before and after exercising? Yes No

3. Do you fall into the appropriate weight category for someone your height and gender? Yes No

4. In general, are you pleased with the condition of your body? Yes No

5. Are you satisfied with your current level of energy? Yes No

6. Do you use the stairs rather than escalators or elevators whenever possible? Yes No

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or

Email me at weightlossking40@gmail.com to *request*
this **form** in Microsoft Word format.

This format allows you to easily change the words to fit
your fitness program.