

Maintaining Your Wellness

Exercise History

Name: _____

Age: _____

Sex: _____

Date: _____

Why have you chosen to use a personal trainer?

Please circle the appropriate answers.

Have you previously taken part in a training programme?

Yes

No

If yes move to question 3

If no question 5

Did you finish the programme?

Yes

No

Why did you choose to stop?

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Are you currently involved in any other sport?

Yes

No

If yes please circle the sport you take part in:

Gaa Soccer Rugby Dancing Swimming

Golf Pool Volley ball Other

If other please specify _____

Were you involved in any sports in secondary school or college?

I Yes

No

if no Q. 8

if yes Q.9

Why did you choose to give up the sport ?

When was the last time you trained?

- (a) Day ago
- (b) 2-3 days ago
- (c) Few weeks
- (d) Few months
- (e) A year ago

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Would you describe your job as active?

Yes **No**

How would you rate your general fitness?

-5	-4	-3	-2	-1	0	1	2	3	4	5
Very low					Avg					very high

Which elements of the gym do you prefer?

- (a) Cardio
- (b) Weights
- (c) Resistance

Any likes or dislikes?

How often can you train and for how long?

Do you give yourself a time out and Relax?

Yes **No**

What difficulties have arisen regarding training?

Motivation Work Injury Family
Illness Other

If other please specify _____

What is your main goal you would like to achieve from this?
