

Personal Activity Questionnaire

1. How often do you participate in physical activity?

- Never
- Occasionally (1-3 times/month)
- Semi-Regular (1-2 times/week)
- Regularly (4-5 times/week)

2. For how long do remain active?

- 20min.
- 30min.
- 1 hour
- Other_____

3. At what intensity are you physically active?

- Never
- Low
- Fairly Low
- Moderate
- Somewhat high
- High

4. What physical or leisure activities do you enjoy?_____

5. What are your personal barriers/challenges to physical exercise?_____

6. What type of exercise interest you?

- Cardiovascular machines
- Walk/run programs
- Free weights
- Weight Machines
- Sport skills
- Flexibility training
- Weight machines
- Swimming
- Rock climbing

7. What is your reason for having a personal trainer?_____

8. Please check which goals apply to you.

- Improved cardiovascular fitness
- Weight loss
- Reshape/tone body
- Improve performance in a sport
- Improve flexibility
- Increase energy
- Increase strength
- Other_____

What specific goals do you want to achieve?_____

9. What motivates you? _____

10. Is there anything else you feel your trainer should know? _____

11. What are the best days and times for you to workout?
