



EXERCISE ATTITUDE PROFILE

Date: _____

Name: _____ Age: _____

Height: _____ Current Weight: _____ Desired Weight: _____

Please complete the following Exercise Attitude Profile. Your answers to these questions will help us design the most appropriate, effective training program possible. Please give the most accurate information possible. There are no right or wrong answers!

Thank you,
Fitting Fitness In

1. What motivated you to begin an exercise program/ seek Personal Training at this time?
How long have you wanted to do so?

2. Briefly list major and secondary fitness goals –
MAJOR

SECONDARY

3. Why are your goals important to you?

4. Are these goals something you think you OUGHT to do or WANT to do?

5. Do you think you can achieve them?

6. Have you already tried to achieve them? What was the outcome?

7. How much time do you think you need to invest per week to achieve these goals?

8. Are you willing to do so? Can you realistically invest this time?

9. How long do you think it will take to achieve these goals? Once you have achieved them, do you plan on continuing from there?

10. What has helped you in the past to achieve your fitness goals?

11. Describe any other pertinent information that would help in the development of your program.

12. How does being sweaty make you feel?

13. What is the main reason you have not achieved your fitness goals in the past? What are your primary roadblocks?

Finish this sentence; When I do not exercise as often as I should it is because.....

14. Do you think you need work on your nutrition/eating habits?

15. Do you think you need to lose weight?

16. PLEASE RATE THE FOLLOWING; On a scale of 1-10, 10 being the highest.

- Rate the level of commitment you will need to achieve your goals. _____
- What is the level of commitment now? _____
- Circle the number that best corresponds to your feeling about exercise:

FUN	1	2	3	4	5	6	7	8	9	10
EXCITING	1	2	3	4	5	6	7	8	9	10
IMPORTANT	1	2	3	4	5	6	7	8	9	10
DIFFICULT	1	2	3	4	5	6	7	8	9	10

- Circle the number that best corresponds to how you feel about your body:

STRONG	1	2	3	4	5	6	7	8	9	10
HEALTHY	1	2	3	4	5	6	7	8	9	10
ATTRACTIVE	1	2	3	4	5	6	7	8	9	10
FIT	1	2	3	4	5	6	7	8	9	10

- Becoming more physically fit often results in feelings of exertion, mild physical discomfort, intense workloads. Please rate which number best describes your feelings as you exercise.

CHALLENGED	1	2	3	4	5	6	7	8	9	10
WEAK	1	2	3	4	5	6	7	8	9	10
DEFEATED	1	2	3	4	5	6	7	8	9	10
AFRAID	1	2	3	4	5	6	7	8	9	10
DETERMINED	1	2	3	4	5	6	7	8	9	10

17. What physical activities do you like and dislike?

LIKE

DISLIKE