



**GOALS QUESTIONNAIRE**

This questionnaire is designed to help identify specific wellness goals that can help pinpoint the most effective and efficient program for you.

**Areas I want to improve:**

- |   |   |
|---|---|
| <input type="checkbox"/> Aerobic endurance              | <input type="checkbox"/> Specific sport ability:    |
| <input type="checkbox"/> Muscular endurance             | <input type="checkbox"/> Injury rehabilitation:     |
| <input type="checkbox"/> Flexibility                    | <input type="checkbox"/> Back problem:              |
| <input type="checkbox"/> Reflexes                       | <input type="checkbox"/> Physique                   |
| <input type="checkbox"/> Speed                          | <input type="checkbox"/> Sleep better: (more/less?) |
| <input type="checkbox"/> Power                          | <input type="checkbox"/> Specific job ability:      |
| <input type="checkbox"/> Improve balance & coordination | <input type="checkbox"/> Improve self-esteem        |
| <input type="checkbox"/> Improve eating habits          | <input type="checkbox"/> Body weight (loss/gain?)   |
| <input type="checkbox"/> Improve posture                | <input type="checkbox"/> Reduce blood pressure      |
| <input type="checkbox"/> Lower % body fat               | <input type="checkbox"/> Firm and tone              |
| <input type="checkbox"/> Pain elimination/management    | <input type="checkbox"/> Other (specify):           |

Improving my fitness and wellness levels is extremely important to me because...

Have you participated in a fitness/wellness program before? If yes, please describe.

I was most successful in my fitness or weight loss programs when...

I am committing myself to my fitness/wellness program because otherwise I would have to live with the following unbearable consequences (ex. low self-esteem, limited success, dependency upon others, etc.)

What I would most like to achieve from my new fitness program is...

Equipment available:

How much time available

For training sessions:

For workouts in-between (on my own):

Participant:

Date: