



EXCELLENCE IN FITNESS

Fitness Evaluation

1. What is your self-estimation of your current fitness level?

- extremely fit moderately fit relatively unfit very unfit
10 9 8 7 6 5 4 3 2 1

2. Are you currently exercising? If yes, what are you doing?

3. Tell me a little about your goals and what it is you'd like to accomplish?

4. What best characterizes your current goals? (check all that apply)

- lose pounds/inches/bodyfat tone-up & sculpt build lean muscle mass
 develop strength increase stamina more energy nutritional accountability
 improve flexibility change your appearance prepare for a specific test/event
 improve performance for a particular sport/activity
 improve overall health & reduce stress

5. Choose your primary focus:

- core - abdominals, midsection, low back, obliques lower body - thighs, hips, butt
 upper body - arms, shoulders, chest, back full body

6. Have you ever worked with a personal trainer before? If yes, what did you like or dislike about their program or techniques?
