

## Health and Fitness Goals

What are the main reasons for wanting to start a fitness programme? Tick one or more of the following:

General conditioning  
Stress management  
Aerobic fitness  
Enjoyment  
Improve self esteem  
Weight/fat loss

Muscular Strength  
Flexibility  
Improve a health condition  
Advice from another healthcare professional  
Toning and definition  
Increase muscular size

What health and fitness goals would you like to achieve over the next 3 months?

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What long term health and fitness goals would you like to achieve over the next 12 months?

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Name 3 things you are willing to do in order to achieve your goals

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How would you describe your fitness condition in terms of your general health and fitness? Tick one of the following:

Excellent  
Very good  
Good  
Poor  
Very poor

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Have you ever done any structured exercise? Tick one of the following:

Yes

No

If you answered yes to the last question, answer the following 3 questions. If you answered No, skip the next 3 questions.

What exercise have you done?

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When did you do the exercise and how often?

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If you have stopped, when and why did you stop?

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If you answered No to the above question, Which activities would you enjoy doing the most and the least?

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What do you think are your main barriers preventing you from achieving your goals?  
Tick one or more of the following:

Time

Money

Family responsibilities

Lack of motivation

Medical advice

Lack of knowledge

Injury

Illness

Lack of fitness/ability

Lack of facilities

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