



VitalityFitness

training that moves you

Vitality Fitness
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Personal Characteristics and Lifestyle Profile

1. What is your occupation? _____

 2. Do you consider your position at work to be:
 Sedentary? Moderately active? Active?

 3. On the average, how many days per week do you work? _____
 4. On the average, how many hours per day do you work? _____
 5. How much time off do you take for vacation, per year? _____

 6. How many children do you have? _____
 Age (s): _____
 Name (s): _____

 7. List some of your hobbies or interests, other than exercise:
 a. _____
 b. _____
 c. _____
 d. _____

 8. Which of the following traits most accurately describe your personality?
 Competitive and motivated Relaxed and easy going
 Quiet and shy Type "A" and overcommitted

 9. How often do you experience "negative" stress from each of the following:
- | | Always | Usually | Frequently | Rarely | Never |
|--------------------|--------|---------|------------|--------|-------|
| Work | _____ | _____ | _____ | _____ | _____ |
| Home or family | _____ | _____ | _____ | _____ | _____ |
| Financial pressure | _____ | _____ | _____ | _____ | _____ |
| Social pressure | _____ | _____ | _____ | _____ | _____ |
| Personal health | _____ | _____ | _____ | _____ | _____ |



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10. How often do you suffer from fatigue and tiredness during the day?

- Every day
- Usually
- Frequently
- Rarely
- Never

11. How often do you wake up refreshed and relaxed in the morning?

- Every day
- Usually
- Frequently
- Rarely
- Never

12. How often do you sleep soundly at night?

- Every day
- Usually
- Frequently
- Rarely
- Never

13. At present, why are you interested in a personal trainer? (Mark all that apply)

- Accountability
- Motivation
- Education
- Specific medical concerns or special needs
- Assistance and direction in reaching personal health and fitness goals
- Other

14. What type of trainer do you prefer? (Mark all that apply)

- Challenging, hands-on, pushing personal limits
- Gentle, guiding, nurturing
- Take control
- Teacher, educator, facilitator
- "Drill sergeant"



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15. What are your personal goals and expectations of this program?

16. Indicate the major reason why you exercise:

- I do not exercise
- It makes me feel good emotionally "releases endorphins"
- I'm trying to lose weight
- It's good for my health (i.e., prevention of illness).
- My doctor and/or significant other told me to exercise
- It makes me look better