

Wright Way Fitness

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. Are you presently:
 Single?
 Married?
 Divorced?
 Separated?
 Widowed?
7. How many children do you have? _____
Age(s): _____
Name(s) _____
8. List some of your hobbies or interests, other than exercise:
a. _____
b. _____
c. _____
d. _____
e. _____
9. Which of the following traits most accurately describe your personality?
 Competitive and motivated
 Relaxed and easy going
 Quiet and Shy
10. 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:	___	___	___	___	___

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

- Every day
- Usually
- Frequently
- Rarely
- Never

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

- Every day
- Usually
- Frequently
- Rarely
- Never

13. How often do you sleep soundly at night?

- Every day
- Usually
- Frequently
- Rarely
- Never

14. 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: _____

15. 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"

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

17. Indicate the major reason why you exercise:

- I do not exercise.
- It makes me feel good.
- I'm trying to lose weight.
- It's good for my health (i.e., prevention of illness)
- My doctor told me to exercise