General Fitness Information

1) On a scale of 0-10 with 0 being barely alive and 10 being totally fit, how do you rate your fitness?

2) Do you have any illnesses or medical conditions?

3) How is your energy level?

4) How would you rate the quality of your nutritional intake?

5) Do you feel refreshed and energized after sleep?

6) What areas of your personal fitness would you like to improve?

7) What specific thing would you like to change? What else?

8) Do you have a current fitness program? If Yes please summarize.

9) How many days a week do you exercise?

10) Do you want nutritional advice as part of your plan? (I am not a registered dietician so I am only able to provide guidance.)

11) What do you know about how to improve your conditioning?

12) How well is your current fitness program working for you?