

EXERCISE HISTORY QUESTIONNAIRE

Name: _____

Are you currently involved in a regular exercise program? Yes No

Do you regularly walk or run one or more miles continuously? Yes No

If yes, what is the average number of miles you cover in a workout? _____

What is your average time per mile? _____

Do you practice weightlifting or calisthenics? Yes No

Are you involved in an aerobic program? Yes No

If yes, what type(s)? _____

Do you frequently compete in competitive sports? Yes No

If yes, which one(s)?

- | | |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Golf | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Bowling | <input type="checkbox"/> Football |
| <input type="checkbox"/> Tennis | <input type="checkbox"/> Baseball |
| <input type="checkbox"/> Handball | <input type="checkbox"/> Track |
| <input type="checkbox"/> Soccer | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Basketball | |

Average number of times per week: _____

In which of the following high school or college athletics did you participate?

- None
- Track
- Football
- Swimming
- Basketball
- Tennis
- Baseball
- Wrestling
- Soccer
- Golf
- Other: _____

What activities would you prefer in a regular exercise program for yourself?

- Walking and/or running
- Bicycling(outdoors)
- Swimming
- Stationary running
- Stationary biking
- Tennis
- Jumping rope
- Handball
- Basketball
- Squash
- Other: _____

Comments: _____

