

EXERCISE HISTORY AND ATTITUDE QUESTIONNAIRE

Na	me:							Date:						
1.	Please rate your e		e level c	on a scale	of 1-5 (5 ir	ndicatin	ıg ve	ry stren	uous) f	or ec	ach ag	ge rar	nge th	rough
	yeer preserii age			21-30	_ 31-	40		50+	-					
2.	Were you a high :	school No	and/or Yes		thlete? ease spec	cify								
3.	Do you have any programs?	negati	ive feeli	ng towarc	l, or have	you had	d any	y bad e	xperie	nce '	with p	hysico	al acti	vity
		No	Yes	If yes, pl	ease spec	cify								
4.	Do you have any evaluation?	negati												, and
		No	Yes	If yes, pl	ease spec	cify								
5.	Rate yourself on scale of 1 to 5 (indicating he lowest value and 5 the highest). Circle th applies.								cle the	num	ber th	at best		
	о.рр.: ««	Characterize your present athletic ability.							1	2	3	4	5	
		When you exercise, how important is competition?								1	2	3	4	5
		Char	acterize	your rece	nt cardiov	vascular	r cap	oacity.		1	2	3	4	5
		Char	acterize	your prese	ent flexibili	ity capo	acity			1	2	3	4	5
6.	Do you start exer	cise pro	grams	but then fi	nd yoursel	If unabl	e to	stick wit	h then	JŞ	No	o Ye	es	
7.	How much time of	are you	willing '	to devote	to an exer	rcise pro	ogra	m\$	N	1inute	es/da	y	Do	zys/week
8.	Are you currently	involve Yes	ed in reç No	-	rance (ca ease spec			•						
9.	Rate your percep	tion of	the exe	ertion of yo	our exercise	e progr	am.							
			(1) Ligh	t	(2) Fairly	Light		(3)	Somev	vhat	Light		(4) Hard
10.	How long have yo	ou bee	n exerc	ising regul	arly?		Mon	ths		_Yed	ars		0	ther
11.	What other exerc	ise, spc	ort or re	creational	activity ho	ave you	par	ticipate	d in?					
				In the po	ast 6 mont	hs?								
				In the po	ast year?_									
				In the po	ast 5 years	;\$								



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	Yes	No	If yes,	please	e specify			
2 14/5 5 5			•					
3. Would an exe	ercise pro	ogram intei						
	Yes	No	If yes,	please	e specify			
4. What type of	f exercise	interests ye	onś					
		Walking			Dance Ex			Racquetball
		Jogging Swimming			Strength 1 Stationar			Tennis Stretching
		Cycling			Interval Tr			Other Aerobic Activity
5. What do you	want exe	ercise to d	o for yo	u? Ra	ınk your go	als in undei	taking e	xercise:
	1							
	2							
	3							
	4							
	_							
6 Use the follow	5							
6. Use the follov	$5.$ $_{-}$ wing scale	e to rate e	ach go	al sepo	arately: newhat Imp	portant	Not A	
6. Use the follov	$5.$ $_{-}$ wing scale	e to rate e	ach go	al sepo	arately: newhat Imp		Not A	.t All Important
5. Use the follov	5 wing scale Extr 1	e to rate ec	ach go ortant 3	al sepo Som 4	arately: newhat Imp 5 6	portant	Not A	.t All Important
3. Use the follov	5 wing scale Extr 1 A.	e to rate ec emely Imp 2	ach goo ortant 3 ardiova	al sepo Son 4 asculai	arately: newhat Imp 5 6	portant	Not A	.t All Important
6. Use the follov	5 wing scale Extr 1 A. B.	e to rate ec remely Imp 2 Improve c	ach goo ortant 3 ardiovo	al sepo Son 4 ascular	arately: newhat Imp 5 o	portant	Not A	.t All Important
6. Use the follov	5 wing scale Extr 1 A. B. C.	e to rate ea remely Imp 2 Improve c Body fat w Reshape c	ach god ortant 3 ardiova veight la	al sepo Som 4 ascular oss my bo	arately: newhat Imp 5 o	portant 5 7	Not A	.t All Important
6. Use the follov	5 wing scale Extr 1 A. B. C.	e to rate ea remely Imp 2 Improve c Body fat w Reshape a Improve P	ach god ortant 3 ardiova veight la or tone erforma	al sepo Som 4 ascular oss my bo	arately: newhat Imp 5 r fitness ody for a specifi	portant 5 7	Not A 8	.t All Important
6. Use the follov	5 wing scale Extr 1 A. B. C. D.	e to rate ea remely Imp 2 Improve c Body fat w Reshape a Improve P	ach goo ortant 3 ardiova veight la or tone erforma	al sepo Som 4 ascular oss my bo ance fr	arately: newhat Imp 5 r fitness ody for a specifi	portant 5 7 c sport	Not A 8	.t All Important
6. Use the follov	5 wing scale Extr 1 A. B. C. D. E.	e to rate exemply Improve of Body fat washape of Improve Particular Improve market in the control of the contro	ach goo ortant 3 ardiova veight la or tone erforma noods a exibility	al sepo Som 4 ascular oss my bo ance f	arately: newhat Imp 5 r fitness ody for a specifi	portant 5 7 c sport	Not A 8	.t All Important
6. Use the follov	5 wing scale Extr 1 A. B. C. D. E. F. G.	e to rate earemely Imp 2 Improve a Body fat w Reshape a Improve P Improve fl	ach goo ortant 3 ardiova veight la or tone erforma noods a exibility	al sepa Som 4 ascular oss my bo ance f	arately: newhat Imp 5 r fitness ody for a specifi	portant 5 7 c sport	Not A 8	.t All Important
6. Use the follov	5 wing scale Extr 1 A. B. C. D. E. F. G. H.	e to rate earemely Improve of Imp	ach goo ortant 3 ardiova veight la or tone erforma noods a exibility trength	al sepa Som 4 ascular oss my bo ance f	arately: newhat Imp 5 r fitness ody for a specifi	portant 5 7 c sport	Not A 8	.t All Important
6. Use the follov	5 wing scale Extr 1 A. B. C. D. E. F. G. H.	e to rate earemely Imp 2 Improve a Body fat w Reshape a Improve P Improve fi Increase S Increase e	ach goo ortant 3 ardiova veight la or tone erforma enoods a exibility trength energy l	al sepa Som 4 ascular oss my bo ance f	arately: newhat Imp 5 r fitness ody for a specifi	portant 5 7 c sport	Not A 8	.t All Important
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