

ENERJOY Lifestyle Questionnaire

Name: _____ Phone (H): _____
Address: _____ Phone (W): _____
City: _____ Zip: _____ Cell Phone: _____
Emergency Contact: _____ Emergency Phone: _____
DOB: _____ Age: _____ Sex: M F
Personal Physician: _____ Physician's Phone: _____
How did you hear about ENERJOY/Liz Bradford? _____

1. Describe any aerobic exercise you have done in the past (what, when, how often, for how long):

2.. Describe any muscular strength/weight training you have done in the past (what, when, how often, for how long):

3. List any obstacles you feel you will have to overcome to stick with your exercise plan long-tern (e.g. what has stopped you in the past):

4. Have you ever participated in aerobic or aerobic step classes? _____ Yes _____ No

5. Please list any recreational physical activities (tennis, golf, etc.) in which you regularly participate and how often:

6. List any favorite activities you would like to include in your exercise plan:

7. List any activities that you definitely do not like and do not want to include:

8. Which do you prefer? _____ Group Exercise _____ Exercising on your own

9. List the two most important goals or reasons why you want to exercise regularly:

10. Your occupation: _____

11. Do you spend more than 25% of work time doing the following (mark all that apply)?

_____ Sitting at a desk _____ Lifting/carrying loads _____ Standing
_____ Driving _____ Walking

12. Number of hours worked per week: _____ Hours _____ Any flexible hours? _____ Yes _____ No

13. Write in the best exercise times for you during a typical week.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM							
PM							

14. Where do you plan to exercise? _____ Club _____ Home _____ Outside _____ Other

15. If at home, list all available equipment:

Thank you for your information, I look forward to working with you to attain a higher level of fitness and wellness.

Sincerely,
Liz Bradford

ACE Certified Personal Trainer
Advanced Health and Fitness Specialist
IDEA Elite Group Exercise Instructor
Owner ENERJOY Health/Fitness Programs Inc. established 1983
Active Isolated Stretching Practitioner