
Activity Preferences

What type of training activity (e.g., jogging, cycling, hiking, skiing) do you prefer?

What method of training (e.g., interval or continuous) do you prefer?

Do you prefer group or personal training?

Do you enjoy competitive or noncompetitive activities?

What type of location do you prefer?

What is your favorite type of equipment?

What aspects of a past prescription did you enjoy?

Is there anything in your type or level of current activity that you want to maintain?

Special Interests

Do you have any current or past skills that you want to pursue?

Do you want more information or resources on particular activities, health, or lifestyle topics?

Do you definitely want to avoid anything?

Are you interested in accomplishing something specific or being challenged?

Are you looking for something new or some variety in your prescription?

Expectations

Do you have any objectives that are particularly important?

How will we know when you have reached your objective? (Be specific about measurable areas of improvement.)

Are there any major behaviors that you wish to change (e.g., eating habits)?

Do you have expectations for changes in a medical condition?

Do you have any performance or sport-specific expectations?

Do you want to know your status or improvement with respect to population standards or in comparison with your own previous efforts?

Can you set priorities for your expectations?
