



Questions On Your Exercise

How often do you exercise, per week?

What exercise do you participate in?

Monday_____

Tuesday_____

Wednesday_____

Thursday_____

Friday_____

Saturday_____

Sunday_____

What is your exercise history in the last 6 months?

Are there any exercises that you do not like?

Are there any exercises that you enjoy?

If you are not exercising, what is stopping you?

“We all can, why limit yourself” Sam Norton