

PARAFED CANTERBURY GYM PROGRAMME QUESTIONNAIRE

NAME _____	DATE _____			
DOB _____ OCCUPATION _____				
PHONE home _____ Wk/Cell _____				
OFFICE USE ONLY:				
Able-Bodied	ParaFed	New Member	Renewal	Paid
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you want to see the gym trainer for a new programme/assistance with your programme? YES / NO

Have you used a gym regularly in the past? YES / NO

If yes, why did you stop? _____

What did you like using/doing in the gym? _____

What did you dislike using/doing? _____

Have you been active in the past? YES / NO

If yes, what and when? _____

Where are you now?

- I've been thinking about exercising more lately but haven't started until now.
- I've very recently started to do more exercise.
- I've been exercising on and off over the last few months.
- I exercise regularly (3x per week) and have done for more than six months.

Why do you want to exercise?

- | | |
|--|--|
| 1. To increase energy levels and feel less tired | <input type="checkbox"/> Very important
<input type="checkbox"/> Moderately important
<input type="checkbox"/> Not important |
| Where are you now? | <input type="checkbox"/> Excellent <input type="checkbox"/> Very good <input type="checkbox"/> Average <input type="checkbox"/> Fair <input type="checkbox"/> Poor |
| 2. To lose weight, reduce size and tone up | <input type="checkbox"/> Very important
<input type="checkbox"/> Moderately important
<input type="checkbox"/> Not important |
| Where are you now? | <input type="checkbox"/> Excellent <input type="checkbox"/> Very good <input type="checkbox"/> Average <input type="checkbox"/> Fair <input type="checkbox"/> Poor |
| 3. To gain weight and increase muscle mass | <input type="checkbox"/> Very important
<input type="checkbox"/> Moderately important
<input type="checkbox"/> Not important |
| Where are you now? | <input type="checkbox"/> Excellent <input type="checkbox"/> Very good <input type="checkbox"/> Average <input type="checkbox"/> Fair <input type="checkbox"/> Poor |

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4. For general health

- Very important
 Moderately important
 Not important

Where are you now?

- Excellent Very good Average Fair Poor

5. To improve fitness for a specific activity

- Very important
 Moderately important
 Not important

Where are you now?

- Excellent Very good Average Fair Poor

6. Any other reasons?

How long have you been thinking about this? (Please circle) Days / Weeks / Months / Years

What would help you get going?

For the majority of people exercise is perfectly safe and brings with it huge benefits both physically and mentally.

It is however prudent for some people unused to exercise to consult with their doctor prior to increasing exercise levels

Please answer the following questions (please circle)

Yes / No Are you aged over 69 and unused to exercise?

Yes / No Do you have any significant medical condition or injury that may be affected by exercise e.g. diabetes, asthma, high blood pressure, heart condition?

Yes / No Are you on any kind of medication? (Excluding birth control pills)

Yes / No Do you ever feel pain in your chest when exercising or get headaches, feel dizzy or lose consciousness?

Yes / No Do you have a bone, muscle or joint problem that may be aggravated by a change in physical activity?

Yes / No If female, are you pregnant or post-natal?

NOTE: **Failure to attend your appointment time or not give reasonable notice of cancellation will result in you having to pay \$30 for your programme.**