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## Pre-exercise Lifestyle Questionnaire

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### Client Information: (confidential)

Name:.....

D.O.B:.....

Sex (M/F):.....

Phone (W):.....

Phone (M):.....

### Exercise History: (Tick the most correct)

Do you currently engage in exercise? Y N

If yes, how many sessions per week? 1-3 3-5 >5

How long is an average session? <30mins >30mins >1hr

What activities (if any) do you currently engage in? (Tick all that are appropriate)

- Walking Running Cycling Swimming
- Aerobics Weights Team Sports Other
- .....
- .....

How would you rate your activity levels at work? (Tick 1 only)

Sedentary (work at a desk alot)

Lightly active (standing & walking, not always sitting)

Active (labourer, bricklayer)

What do you hope to achieve from this personalised fitness program?

.....  
.....

Do you have any concerns/queries regarding commencing a new exercise program?

Y N



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Listed below are several goals that can be achieved. Rank how important they are to you. (1 = most important, 5 = least important)

- Feel healthier .....
- Improve strength .....
- Improve muscle size .....
- Improve muscle tone .....
- Improve fitness .....
- Reduce body fat mass .....
- Improve flexibility .....
- Improve a specific ability (e.g. running, agility in sport) .....
- Improve ability to cope with stress .....
- Improve social life .....

When do you prefer to exercise?

- 6am – 8am       9am – 11am       12pm – 2pm
- 3pm-5pm       6pm – 8pm

What types of exercise interest you?

.....  
 .....

Comments/suggestions regarding the development of you exercise program?

.....  
 .....

I am also interested in:

- Nutrition       Group Exercise Classes       Adult Dance       Kids Dance

How did you find us?

- Newspaper       Promotion       Yellow Pages       Friend .....
- Search Engine .....       Other .....