

SuperHealth Fitness - Exercise Goals and Intent

Client Name: _____

Date: _____

What is your main goal for exercising?

Weight loss, Shaping & toning, Weight gain, Building muscle, Building strength,

Overall health, Lowering blood pressure Lowering cholesterol

Other (please explain) _____

What is your ultimate outcome (i.e. at the end of camp how would you ideally like to describe your body, physical vitality or performance?):

Why is this outcome important to you?

What had stopped you from either getting started or staying on a consistent exercise and nutritional program in the past?

Why or how is that going to be different this time?

Are you participating in any physical activity now? What & how often?

If not, how long has it been since you've been involved in a regular exercise program?

On a scale of 1-10, how serious are you towards accomplishing your health and fitness goals?

Do you have any dietary restrictions e.g. : lactose intolerant, diabetic, hypoglycemic etc...?

Is there anything not previously mentioned that would prevent you from getting started on a regular exercise program today?

Client Signature: _____

Date: _____