

In order to successfully complete an exercise program, you're going to need to ask yourself the following questions. Write down your answers. You can email them to me or give me the paper copy when you're finished. The answers will determine the direction of your program. Answer with what you're doing now-not what you think you should be doing. We're just getting started.

Section 1 - Food

Name five foods you like a lot (i.e. eat once every week or more)

- 1.
- 2.
- 3.
- 4.
- 5.

Name five foods you cannot stand (i.e. glad you're an adult so you can't be forced to eat them)

- 1.
- 2.
- 3.
- 4.
- 5.

How many times per week do you cook for yourself at home?

How many times per week do you get fast food, carry out, or have food delivered?

How many times per week do you visit a sit-down restaurant and have a meal with multiple courses? (Salad/appetizer, entree, dessert)

How many drinks do you have per week? What do you drink usually?

Section 2 - Exercise

How much, and what type, of exercise do you do now?

What's your medical history? Anything that would hurt if you pushed yourself more than usual that would take more than two days to get better?

How far can you run before your legs hurt so bad you can't run any more?

How far can you run before your chest hurts so bad when you're breathing that you can't run any more?

Section 3 - Time

Do you consider yourself a morning person or a night person?

After exercising intensely, are you extremely tired or extremely energetic?

What sort of free time do you have available to exercise?

Do you prefer to exercise with somebody else or to exercise by yourself?

What percentage of weight-based activities and cardio-based activities do you do right now?

How far away from your primary exercise location do you live?

Section 4 - Deadline

Write down the specific date you want to achieve your goal weight.

_____, 2009

Name something you collect.

Name something you like to do in your free time.

Do you know your current weight? Do you know your current body fat percentage?

Once you have the answer to the above question, how much weight do you want to lose? What percentage of body fat do you want to lose?

Please list ten fitness goals you want to accomplish in the next year (outside of goals related to weight or body fat-could be a clothing size, a specific fitness accomplishment, a sporting event, or setting an example)