

## Choose Your Fitness Style

- |                         |  |   |
|-------------------------|--|---|
| I like to do things     | <input type="checkbox"/> alone             | <input type="checkbox"/> with others          |
| I like to do things     | <input type="checkbox"/> indoors           | <input type="checkbox"/> outdoors             |
| I like to play sports   | <input type="checkbox"/> individually      | <input type="checkbox"/> team                 |
| I am more active in the | <input type="checkbox"/> evening           | <input type="checkbox"/> morning              |
| I like to workout       | <input type="checkbox"/> at home           | <input type="checkbox"/> in a gym             |
| I like to workout       | <input type="checkbox"/> with no equipment | <input type="checkbox"/> with equipment       |
| I would rather          | <input type="checkbox"/> walk              | <input type="checkbox"/> run                  |
| I like to exercise      | <input type="checkbox"/> in private        | <input type="checkbox"/> with people watching |
| My workouts need        | <input type="checkbox"/> no training       | <input type="checkbox"/> special training     |
| I like sports that are  | <input type="checkbox"/> not competitive   | <input type="checkbox"/> very competitive     |
| I like exercise         | <input type="checkbox"/> with no cost      | <input type="checkbox"/> cost does not matter |
| Starting to exercise is | <input type="checkbox"/> hard for me       | <input type="checkbox"/> easy for me          |
| I like to exercise for  | <input type="checkbox"/> a short time      | <input type="checkbox"/> a long time          |

**TOTAL****A** \_\_\_\_\_**B** \_\_\_\_\_

Look through the list with your highest total. If your highest total is in column A, circle three of the activities in the A group. If your highest total is in column B, circle three activities in the B group.



### A Activities

vacuum floors  
wash windows  
paint walls  
lift weights  
yoga

wash floors  
dust furniture  
ride an exercise bike  
jump rope  
swim

exercise video at home  
practice sports at home  
run up and down stairs  
walk or run on a treadmill

### B Activities

walk or hike  
run or jog  
play tennis  
skateboard  
work out at gym

take a dance class  
ride or race a bike  
take an exercise class  
mow lawns  
rollerblade

play on a sports team  
swim at the beach  
play volleyball  
take a karate class

# Fitness Preference

Name: \_\_\_\_\_

Activity	Do I like It?	Special equipment?	Can I Begin Now?
Basketball			
Dance			
Football			
Hike			
Jog/Walk			
Karate			
Lift weights			
Ride a bike			
Rollerblade			
Skateboard			
Ski			
Soccer			
Swim			
Tennis			
Volleyball			
Walk			
Yard work			
Other			

Personal preferences for now

#1

#2

#3

Personal Goal & Start Date:

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