



LIFESTYLE SCREENING DOCUMENT

Name.....

Date.....

Physical Activity

In the last year how often have you participated in physical activity?

5 to 7 times per week

3 to 4 times per week

1 to 2 times per week

1 to 2 times per month

Not at all

List the physical activities that you feel have 'worked' for you in the past?

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

What types of physical activity do you enjoy?

Do you have any negative feelings towards, or have you had any bad experience with exercise?

If YES, please give details

If you have been unable to exercise regularly, what have been the reasons?



Stress

Do you ever feel stressed , if so how often?

What makes you feel stressed?

How do you deal with stress?

Additional Notes

Diet

Do you think you follow a healthy diet?

How many meals and/or snacks do you have per day?

Do you think you eat too much?

What do you think your calorific intake is per day?

How many units of alcohol do you drink per week?

Weight

Do you consider your weight to be a problem?

Would you like to lose weight? How much?

What is the lowest weight you adult have managed to maintain for at least 1 year in your adult life?

Is the rate at which you lose weight important to you?

On a scale of 0 to 10 how motivated are you to lose weight?.....

What would increase your motivation?

Additional Notes



www.dynamitepersonalfitness.co.uk

Owner: **Don Perrin** – Level 3 Personal Trainer **T** +44 (0) 7771 554 161 **E** don@dynamitepersonalfitness.co.uk
3 Lindley Gardens, Alresford, Hants, SO24 9PU

Dynamite Personal Fitness is a trading name for Donald W B Perrin Ltd Registered in England No. 05746415 at the office above.

Smoking

How often do you smoke each day?

- 0
- 1 to 10
- 11 to 20
- 21 +

Fitness

Rate yourself on a scale of 1 to 10 i.e 1 indicating the lowest value and 10 the highest?

What is your overall level of fitness (in your opinion);
1 2 3 4 5 6 7 8 9 10 (please circle)

What is your current cardio vascular (heart and lung fitness) Capacity/Rating?
1 2 3 4 5 6 7 8 9 10

What is your current muscular Capacity?
1 2 3 4 5 6 7 8 9 10

What is your current flexibility capacity?
1 2 3 4 5 6 7 8 9 10

What is your current co-ordination (motor skill) capacity?
1 2 3 4 5 6 7 8 9 10

How much time are you willing to devote to exercise?

Minutes/day:

Days/week:

What types of exercise interest you or would you like to try e.g circuit training, strength training, kettlebells, resistance bands, pad work (any others you have heard/read about)?



www.dynamitepersonalfitness.co.uk

Owner: **Don Perrin** – Level 3 Personal Trainer **T** +44 (0) 7771 554 161 **E** don@dynamitepersonalfitness.co.uk
3 Lindley Gardens, Alresford, Hants, SO24 9PU

Dynamite Personal Fitness is a trading name for Donald W B Perrin Ltd Registered in England No. 05746415 at the office above.

Additional Notes

Occupation and leisure

What is your present occupation?

What hours do you work /how many hours do you work?

Does your occupation involve much physical activity i.e lifting, walking?

What activities do you participate in your leisure time?

Additional Notes:

Goals

What do you want exercise to do for you in the next:

1 – 6 weeks

7 - 12 weeks

13 weeks+



www.dynamitepersonalfitness.co.uk

Owner: **Don Perrin** – Level 3 Personal Trainer **T** +44 (0) 7771 554 161 **E** don@dynamitepersonalfitness.co.uk
3 Lindley Gardens, Alresford, Hants, SO24 9PU

Dynamite Personal Fitness is a trading name for Donald W B Perrin Ltd Registered in England No. 05746415 at the office above.

Additional Notes:

Rate your goals in undertaking exercise;

Extremely Important				Somewhat important				Not very	
10	9	8	7	6	5	4	3	2	1
a) Improve overall health:								
b) Improve cardiovascular fitness:								
c) Reshape or tone my body:								
.....									
d) Improve performance for a particular sport:								
.....									
e) Improve moods and ability to cope with stress:								
f) Improve flexibility:								
.....									
g) Increase strength:								
h) Increase energy levels:								
i) Enjoyment:								
.....									
j) Other:								

Additional Information:

Client signature:

Date:



www.dynamitepersonalfitness.co.uk

Owner: **Don Perrin** – Level 3 Personal Trainer **T** +44 (0) 7771 554 161 **E** don@dynamitepersonalfitness.co.uk
3 Lindley Gardens, Alresford, Hants, SO24 9PU

Dynamite Personal Fitness is a trading name for Donald W B Perrin Ltd Registered in England No. 05746415 at the office above.



www.dynamitepersonalfitness.co.uk

Owner: **Don Perrin** – Level 3 Personal Trainer **T** +44 (0) 7771 554 161 **E** don@dynamitepersonalfitness.co.uk
3 Lindley Gardens, Alresford, Hants, SO24 9PU

Dynamite Personal Fitness is a trading name for Donald W B Perrin Ltd Registered in England No. 05746415 at the office above.



www.dynamitepersonalfitness.co.uk

Owner: **Don Perrin** – Level 3 Personal Trainer **T** +44 (0) 7771 554 161 **E** don@dynamitepersonalfitness.co.uk
3 Lindley Gardens, Alresford, Hants, SO24 9PU

Dynamite Personal Fitness is a trading name for Donald W B Perrin Ltd Registered in England No. 05746415 at the office above.