

# Personal Wellness Goals Form

This questionnaire is designed to help you identify specific wellness goals that can help pinpoint the most effective and efficient program for you.

## Areas I want to improve:

- Aerobic endurance \_\_\_\_\_ ~ \_\_\_\_\_
- Flexibility \_\_\_\_\_
- Reflexes \_\_\_\_\_
- Speed \_\_\_\_\_
- Power \_\_\_\_\_
- Balance & coordination \_\_\_\_\_
- Eating Habits \_\_\_\_\_
- Lose weight \_\_\_\_\_
- Gain weight \_\_\_\_\_
- Specific sport ability/job ability \_\_\_\_\_
- Injury rehabilitation \_\_\_\_\_
- Back problem \_\_\_\_\_
- Posture \_\_\_\_\_
- Feel better \_\_\_\_\_
- Look better \_\_\_\_\_
- Lower % body fat \_\_\_\_\_
- Prepare for a sport event \_\_\_\_\_
- Other: \_\_\_\_\_

Improving my fitness and wellness levels is very important to be because:

"

Have you participated in a fitness/wellness program before? If yes, please describe:

I was most successful in my fitness or weight loss program when ...

Participant \_\_\_\_\_ Date \_\_\_\_\_

Trainer \_\_\_\_\_ Date \_\_\_\_\_