

If yes please state how many you smoke on average per day _____

Please detail below anything not detailed in this questionnaire that you feel would cause you problems in a fitness class

I would also like to find out more about your lifestyle, previous exercise activity and your fitness aims

	Yes	No
Do you exercise regularly	<input type="checkbox"/>	<input type="checkbox"/>
Can you walk three miles briskly without fatigue?	<input type="checkbox"/>	<input type="checkbox"/>
Can you jog for a mile at a moderate pace without discomfort?	<input type="checkbox"/>	<input type="checkbox"/>

How many days a week do you accumulate 30 minutes of moderate activity? (please circle)
0 - 2, 3 - 5, 6 - 7

Fitness Aims (please tick those that apply to you and this class)

I want to lose weight	<input type="checkbox"/>
I want to improve my overall fitness levels	<input type="checkbox"/>
I want to tone up specific area's of my body	<input type="checkbox"/>
I enjoy exercise generally	<input type="checkbox"/>
I enjoy the social aspect of attending a class	<input type="checkbox"/>
I am working towards a specific event/goal	<input type="checkbox"/>
Other (please detail)	<input type="checkbox"/> Please detail _____

What would you like to see at this class

To leave feeling I have worked my hardest	<input type="checkbox"/>
To leave feeling relaxed and well stretched	<input type="checkbox"/>
To focus on specific areas of my body	<input type="checkbox"/>
A varied routine	<input type="checkbox"/>
A well choreographed routine which is a challenge to learn	<input type="checkbox"/>
A simple routine but a challenging work out	<input type="checkbox"/>
Varied class content	<input type="checkbox"/>
Information and additional exercises that I can do at home	<input type="checkbox"/>
Additional information on how to improve my fitness	<input type="checkbox"/>
The music is an important element of the class to me	<input type="checkbox"/>

Please detail anything additional that you would like to gain or see included in this class

Thank you for taking the time to complete this questionnaire, I always welcome your feedback and please don't hesitate to ask me any questions at any point

Sarah Layton
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