

Fitness Questionnaire

Instructions

Please answer the following questions to the best of your ability. This questionnaire aims to assess your current fitness level.

Name:

Age:

Gender:

- Male
- Female
- Prefer not to say

Height: Please enter your height in feet and inches (or centimeters).

Weight: Please enter your weight in pounds (or kilograms).

Resting Heart Rate: Measure your resting heart rate by counting the number of beats per minute when you are at complete rest.

Cardiovascular Endurance

How would you rate your cardiovascular endurance?

- Poor
- Below average
- Average
- Above average
- Excellent

Muscular Strength

How would you rate your muscular strength?

- Poor

- Below average
- Average
- Above average
- Excellent

Flexibility

How would you rate your flexibility?

- Poor
- Below average
- Average
- Above average
- Excellent

Body Composition

What is your estimated body composition?

- Underweight
- Normal weight
- Overweight
- Obese

Exercise Habits

Please indicate the frequency and duration of your exercise or physical activity per week.

Specific Fitness Tests

If you have undergone any specific fitness tests (e.g., 1-mile run, push-up test, etc.), please provide the results if available.

Health Conditions

Do you have any existing health conditions, injuries, or physical limitations that may affect your ability to engage in certain exercises? If yes, please provide details.

Fitness Goals

Please specify your fitness goals or objectives. What do you hope to achieve through a fitness program?