

Crossfit Mayview Fitness Questionnaire

1. Describe your current exercise routine:

- Cardio and strength training
- Running and/or walking
- I already do CrossFit
- Nothing consistent
- I've never been on a regular exercise program

2. What are your fitness goals?

- Lose weight
- Gain weight
- Feel better
- Look better
- Live healthier

3. Over the past 10 years how many times have you started & stopped a nutrition and exercise routine?

- 1-5
- 6-10
- 11-15
- 16-20
- Too many to count

4. What external factors have derailed your progress in the past?

- Time
- Money
- No facility
- Lack of support
- Procrastination

5. In your own opinion, why did you fail to "stick with it"?

- Discipline
- Knowledge
- Experience
- Accountability
- Lack of expertise

Name: _____

Date: _____