

# Fitness Consultation Questionnaire

By Paul Maxwell

GettingShreddedIsSimple.com

1. Age
2. Gender
3. Weight
4. What's your history attempting diet?
  - a. Specifically, what have you tried before?
  - b. What didn't you like?
  - c. What did you find hardest about the diet you tried?
5. What's your history with exercise? Would you describe yourself as athletic?
6. Which of the following motivations for getting in shape below do you identify with most?
  - a. Physique improvement (getting a six pack, etc.)
  - b. Health improvement.
  - c. Lifestyle improvement.
  - d. Marital improvement.
  - e. Other
7. Which of the following reasons for getting in shape below do you identify with most?
  - a. Family
  - b. Self
  - c. Romance
  - d. Other
8. Talk for 4 or 5 sentences about your own body image — How do you *feel* about your body when you look in the mirror?