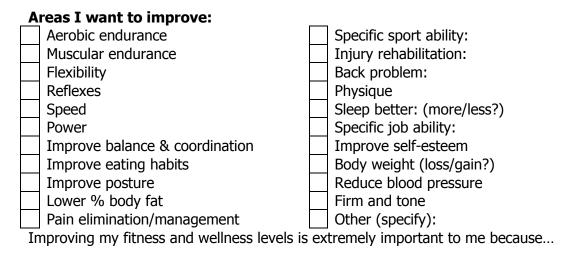


Fitness By Dot

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## **GOALS QUESTIONNAIRE**

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



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

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

I am committing myself to my fitness/wellness program because otherwise I would have to live with the following unbearable consequences (ex. low self-esteem, limited success, dependency upon others, etc.)

What I would most like to achieve from my new fitness program is...

Equipment available:

How much time available For training sessions: For workouts in-between (on my own):

Participant:

Date: