

# ENERJOY Lifestyle Questionnaire

Name: \_\_\_\_\_ Phone (H): \_\_\_\_\_  
Address: \_\_\_\_\_ Phone (W): \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_  
DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  M  F  
Personal Physician: \_\_\_\_\_ Physician's Phone: \_\_\_\_\_  
How did you hear about ENERJOY/Liz Bradford? \_\_\_\_\_

1. Describe any aerobic exercise you have done in the past (what, when, how often, for how long):

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2.. Describe any muscular strength/weight training you have done in the past (what, when, how often, for how long):

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3. List any obstacles you feel you will have to overcome to stick with your exercise plan long-tern (e.g. what has stopped you in the past):

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4. Have you ever participated in aerobic or aerobic step classes? \_\_\_\_\_ Yes \_\_\_\_\_ No

5. Please list any recreational physical activities (tennis, golf, etc.) in which you regularly participate and how often:

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6. List any favorite activities you would like to include in your exercise plan:

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7. List any activities that you definitely do not like and do not want to include:

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8. Which do you prefer? \_\_\_\_\_ Group Exercise \_\_\_\_\_ Exercising on your own

9. List the two most important goals or reasons why you want to exercise regularly:

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10. Your occupation: \_\_\_\_\_

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11. Do you spend more than 25% of work time doing the following (mark all that apply)?

\_\_\_\_\_ Sitting at a desk      \_\_\_\_\_ Lifting/carrying loads      \_\_\_\_\_ Standing  
\_\_\_\_\_ Driving      \_\_\_\_\_ Walking

12. Number of hours worked per week: \_\_\_\_\_ Hours      \_\_\_\_\_ Any flexible hours? \_\_\_\_\_ Yes      \_\_\_\_\_ No

13. Write in the best exercise times for you during a typical week.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM							
PM							

14. Where do you plan to exercise? \_\_\_\_\_ Club      \_\_\_\_\_ Home      \_\_\_\_\_ Outside      \_\_\_\_\_ Other

15. If at home, list all available equipment:

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Thank you for your information, I look forward to working with you to attain a higher level of fitness and wellness.

Sincerely,  
Liz Bradford

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ACE Certified Personal Trainer  
Advanced Health and Fitness Specialist  
IDEA Elite Group Exercise Instructor  
Owner ENERJOY Health/Fitness Programs Inc. established 1983  
Active Isolated Stretching Practitioner