

Personal Wellness Goals Form

www.Zegee.com/trainer/paul1970mc

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

Areas I want to improve:

- Aerobic endurance _____
- Flexibility _____
- Reflexes _____
- Speed _____
- Power _____
- Balance & coordination _____
- Eating Habits _____
- Lose weight _____
- Gain weight _____
- Specific sport ability/job ability _____
- Injury rehabilitation _____
- Back problem _____
- Posture _____
- Feel better _____
- Look better _____
- Lower % body fat _____
- Prepare for a sport event _____
- Other : _____

Improving my fitness and wellness levels is very important to be because:

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

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

Participant _____ Date _____

Trainer _____ Date _____