

# Rock Fitness Survey

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

## Health history

Medical condition(s) that would affect working out: \_\_\_\_\_

\_\_\_\_\_

Injuries: \_\_\_\_\_

\_\_\_\_\_

## Fitness goals

Loose weight: \_\_\_\_

Improve general fitness: \_\_\_\_

Increase strength: \_\_\_\_

Training for sport: \_\_\_\_

Other: \_\_\_\_\_

Types of activities you would like to do

Step class: \_\_\_\_

Function training: \_\_\_\_

Weight training: \_\_\_\_

Boot camp: \_\_\_\_

Agilities: \_\_\_\_

Balance: \_\_\_\_

Plyometric (explosive activities): \_\_\_\_

Sport Specific Training (specify sport): \_\_\_\_\_

Outdoor activities (specify): \_\_\_\_\_

## Fitness level

- Beginner (nothing to walking 1-2 times per week) \_\_\_\_

- Intermediate (jog or workout 1-3 times per week) \_\_\_\_

- Advanced (workout or play sports 3-5 times per week) \_\_\_\_

## Eating Habits

# of times eat fast food per week \_\_\_\_

# of meals eaten per day \_\_\_\_

Do you have an understanding about meal portion size? \_\_\_\_

Do you know how to read a food label? \_\_\_\_

Do you understand the difference between carbohydrates, protein, and Fat? \_\_\_\_