

Instructions

Before reading further, complete the Exercise Inventory. Your answers will help you think about how you will create an exercise program tailored to your abilities, circumstances, and interests.

Exercise Inventory

1. How physically fit are you now? Circle the number that most applies to you on a scale of 1 to 10 (1 means "I'm really out of shape," 5 means "I exercise occasionally," and 10 means "I'm fit as a fiddle").

1 2 3 4 5 6 7 8 9 10

2. How much time are you willing to spend exercising?

Each day? _____

Each week? _____

3. What time of day do you prefer to exercise? _____

4. How far are you willing to travel to exercise? _____

5. How much money are you willing or able to spend to exercise?
How much on exercise equipment? _____
How much on classes? _____
How much on a club membership? _____

6. What exercise/activities have you tried in the past? _____

7. Which activities did you most enjoy? _____

8. Which activities did you least enjoy? _____

9. What motivates you to exercise? _____

10. Do you need a competitive edge (such as a competitive sport)? _____

Do you prefer to exercise in a group (such as a class or a hiking group), with a friend (such as at the gym or while walking), or just by yourself (such as with in-home gym or equipment)? _____

11. Do you prefer indoor or outdoor activities? _____

12. How will you fit exercise into your current schedule? _____

13. Will you need to make changes in your routine during the week and/or on the weekends to add regular exercise? _____
