

MACROLYTES EXERCISE PROGRAMMING QUESTIONNAIRE

Name: _____

Age: _____

Weight at start of programming: _____

Weight at end of programming: _____

1. Are you currently a member of a gym? Yes / No (select one)
 - a. If yes, where: _____
2. Equipment you have access to: (select all that apply)
 - a. Kettlebell (lbs) _____
 - b. Dumbbells (lbs) _____
 - c. Jump rope
 - d. Barbell
 - e. Cardio machine(s) _____
 - f. Pull up bar
 - g. Medicine ball
 - h. Box jump
 - i. Swimming pool
 - j. Exercise ball
 - k. Other _____
3. You like to (realistically) workout _____ days per week for _____ minutes each workout.
4. Rank these target areas in order of importance to you:
 - a. Booty _____
 - b. Abs _____
 - c. Arms _____
 - d. Legs _____
 - e. Back _____

5. You enjoy: (select all that apply)
- a. Cardio classes
 - b. HIIT
 - c. Pilates
 - d. Yoga
 - e. Weight lifting
 - f. Boot camps
 - g. Workout videos
 - h. kickboxing
 - i. Other _____
6. The most successful you've ever been with exercising was _____.
7. You want a routine that tells you: (select one)
- a. (Specific) What, when, and where.
 - b. (Flexible) Weekly workouts at a glance.
8. I prefer: (select one)
- a. Variety – I don't want the same workout twice!
 - b. Building on the same routine so I can observe my results.
9. Your favorite time of day to workout is: (select all that apply)
- a. Morning
 - b. Afternoon
 - c. Evening
10. Your primary goal with exercise is: (select all that apply)
- a. Toning
 - b. Building muscle
 - c. Cardiovascular health
 - d. Sports performance