

## Exercise Questionnaire

Here are several questions designed to help you identify elements of what a successful exercise program might look like for you.

1. What time of day do you feel most energetic and alert?  
AM                      Midday                      PM
2. How do you feel replenished?  
Alone                      Around People
3. In which environment do you feel most comfortable?  
Urban                      Nature
4. What do you enjoy most?  
Structure/Routine                      Spontaneous/Changeable
5. Do you like the thrill of competition/winning and losing?  
Yes                      No
6. What activities do you remember fondly from your childhood?  
For example: flying kites, bowling, softball, dance, riding your bike, surfing

Your answers to these questions can get you started developing an exercise program that you design based on what you enjoy most.

