## **CLIENT ON-BOARDING**

## STRENGTH QUESTIONNAIRE

| STRENGTH TYPE       | DESCRIPTION  | SCORE |
|---------------------|--|-------|
| Maximal Strength    | I need to lift <b>very heavy objects off of the ground</b> or push/ pull very heavy objects <b>for a short duration</b> of time such as moving furniture.                                    |       |
| Strength Endurance  | I need to hold and move objects frequently and sustain the ability to do so for long periods of time such as holding a baby while putting the dishes away or sustaining a posture in a sport |       |
| Hypertrophy         | I want to add <b>Lean Body Mass</b> i.e. grow some muscle and/or tone up   |       |
| Dead Strength       | I need to <b>lift or move objects that are not moving</b> such as arranging furniture, organizing the garage or pick up and carry groceries  |       |
| Agile Strength      | I enjoy or want to learn exercises such as Kettlebell Swings and/or want to feel nimble and strong.  |       |
| Relative Strength   | I need to <b>move my own body weight</b> for many tasks such as climbing a ladder or tree, hiking up steep terrain or get better at lifting myself off the ground                            |       |
| Positional Strength | I need to <b>lift and move objects from odd positions</b> like moving a child out of a car seat or taking a box off of a high shelf.   |       |

SCORE EACH STRENGTH TYPE AS EITHER
ZERO, LOW, MEDIUM OR HIGH
REGARDING HOW IMPORTANT IT IS TO YOU

