

## CLIENT ON-BOARDING

# METCON QUESTIONNAIRE

METCON QUADRANT	DESCRIPTION	SCORE
<b>SISS</b> <i>Sub-threshold Intensity Steady State</i>	I am <b>sedentary for long periods</b> during the day. I prefer to <b>exercise at lower intensities</b> such as going for a long walk or repeatedly ride my bicycle around the block.	
<b>SIIT</b> <i>Sub-threshold Intensity Interval Training</i>	I <b>frequently move during my day</b> - getting in and out of my chair and changing tasks. I like to <b>play catch with my kids and occasionally chase</b> them around at the park. My hobbies include gardening, fishing, and going to the beach.	
<b>HISS</b> <i>High Intensity Steady State</i>	I am <b>constantly on the move</b> , and my job requires me to <b>work very fast and at a high intensity</b> . I prefer exercise when it is <b>extremely challenging</b> and does not give me a chance to rest. I love Crossfit-style workouts and <b>need to feel the burn</b> and exhaustion afterwards.	
<b>HIIT</b> <i>High Intensity Interval Training</i>	I work a manual labour job and <b>lift heavy objects intermittently</b> at work. When I exercise I prefer to <b>lift weights or do sprints</b> . I like this type of exercise because I get a chance to <b>rest between hard efforts</b> .	

## SCORING YOUR CLIENT'S ANSWERS

LEAST LIKE ME 1 ○ ..... ○ 5 MOST LIKE ME

