

MY

Health and Performance

Experience

Together, we can work to improve your health, fitness and/or performance using many forms of exercise or physical activity. This worksheet helps us identify which areas are your top priority.

Score the following statements as either ZERO, LOW, MEDIUM or HIGH in order of how important it is to you

SCORE	I WANT TO...	AREA OF FOCUS
	Stop feeling tight and reduce the aching in my joints	MOBILITY
	Improve my overall strength or increase muscle mass	STRENGTH
	Keep my heart and lungs healthy, improve my level of physical activity, and help me feel "fit"	METABOLIC CONDITIONING
	Feel confident chasing my kids around or engaging in recreational sport	POWER
	Improve my stability, balance and develop better control of my movement	ACTIVATION
	Lift weights and keep my program simple	LOADED LINEAR TRAINING
	Lifts weights in a very dynamic and functional way or use cutting edge fitness equipment	LOADED MULTIPLANAR TRAINING
	Be Bodyweight Strong. I enjoy classic exercises such as push ups, pull ups and/or running	UNLOADED LINEAR TRAINING
	Move dynamically and I like to try new exercises	UNLOADED MULTIPLANAR TRAINING

Name:
Date:

Primary Goals:

