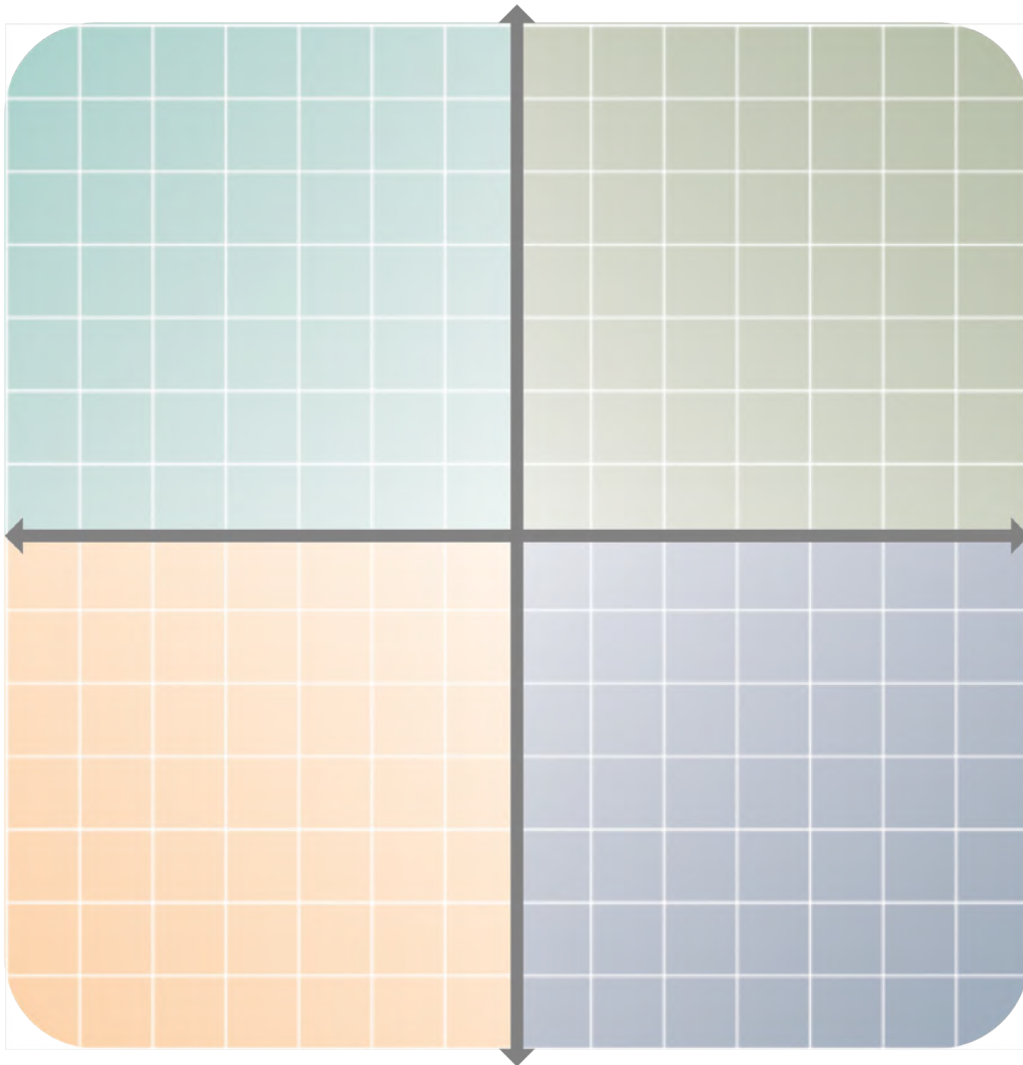


Recovery Programming Questionnaire

This questionnaire was designed to help you get a better understanding of your client's social/emotional tendencies so you can program specific strategies with confidence. It can also spark a conversation to help drive the importance of Recovery. We recommend using this questionnaire as part of your onboarding process.

1. Do you engage in specific recovery strategies to augment your health or performance? What have you done for Recovery? [Coach you can plot these strategies in the 4Q Recovery Model]



Name:
Primary Goals:

Date:



Recovery Questionnaire

Recovery and Stress Management

2. Which methods do you prefer to metabolize your stress [check all that apply]

- Being Physically Active Social Gathering Hobby/Passion
 Passive Strategy (Read a Book, TV, Video Games etc.) Food or Alcohol

3. How do you know when you're stressed? Does it manifest Physically, Mentally, Emotionally, Socially?

4. Do you consider yourself an anxious person or do you often find yourself dwelling on specific matters?

The Environment

| Question | Yes | No |
|---|-----|----|
| Do you have a Recovery Zone or Quiet Place at Home? If Yes, what tools do you have? | | |
| Do you have a Recovery Zone or Quiet Place at Work? If Yes, what tools do you have? | | |
| Do you have any Comfort Foods? If Yes, what are they? | | |
| Whether you are a "Morning Person" or "Night Owl", does your work/life schedule match your chronotype? E.g. Answer No if you're a Night Owl, but have to work early mornings. | | |
| Do you enjoy Swimming or being in water? | | |
| Are you claustrophobic? | | |
| Are you sensitive to Temperature, Light, or Sound? | | |

Name:

Date:

Primary Goals:

Recovery Questionnaire

Introvert - Extrovert Questions.

Tally up the following answers. [A] is considered more Introvert, [B] is considered more Extrovert, [C] is indifferent

When you take a vacation, do you prefer it to be

- a. Relaxing and/or I like to visit more secluded locations
- b. Adventurous and/or I like to visit big cities
- c. A mix of both A and B

When you take a Day off, do you prefer

- a. A day to yourself, disconnected from the world
- b. A social gathering or night out with friends
- c. A mix of both A and B

When you train or exercise, do you prefer to

- a. Be by yourself or in an environment with few people
- b. Be with others or in an environment with many people
- c. I'm indifferent

When you recover, do you prefer to

- a. Be by yourself or in an environment with few people
- b. Be with others or in an environment with many people
- c. I'm indifferent

Regarding Recovery, what type of techniques do you prefer

- a. Self-administered strategies such as soaking in a warm bath or meditation
- b. Touch-based therapies such as Massage, Bodywork, Dry Needling etc
- c. A mix of both A and B

If you tally up [A] with 3-5 answers, you'll most likely want to program more Introverted based strategies or environments

If you tally up [B] with 3-5 answers, you'll most likely want to program more Extroverted based strategies or environments

If you tally up [C] with 3-5 answers, you'll most likely want to provide a couple of options and allow the client to self-select based on how they're feeling on a certain day

Name:

Date:

Primary Goals:

