

EveryGirlFitness : Exercise Profile

1. Do you have any physical problems or limitations that may affect your ability to exercise? YES NO

2. Have you ever had a serious back or knee problem? YES NO

(if yes, check all appropriate)

In the past 6 months: back pain back surgery knee pain knee surgery

More than 6 months: back pain back surgery knee pain knee surgery

3. In an average week, how many times do you engage in physical activity?

Include only activities that last for at least 20 consecutive minutes, make you breathe heavier, and make your heart beat faster.

a. Never

b. Less than one time per week

c. 1 or 2 times per week

d. 3-4 times per week

e. 5 or more times per week

4. In a typical week, how many minutes do you perform aerobic exercise at an intensity sufficient to increase your heart beat, increase your breathing, and cause mild sweating? minutes

5. Please use the scale below to indicate how often you do each of the following:

1. Usually/frequently 2. Sometimes 3. Rarely/never

(Rate from 1-3) warm-up cool-down stretch

finish your workout with very high intensity (all out effort)

exercise with the proper activity-specific footwear

support structure of shoes deteriorate before undersoles wear out

exercise on hard surfaces

work out includes non-weight bearing activities (swim, cycle)

include strength training as part of your workout