

## FORM 1.4 Activity Preferences Questionnaire

### Activity Reference

What type of training activity (e.g., jog, cycle, hike, ski) do you prefer? \_\_\_\_\_

What method of training (e.g., interval or continuous) do you prefer? \_\_\_\_\_

Do you prefer group or personal training? \_\_\_\_\_

Do you enjoy competitive or noncompetitive activities? \_\_\_\_\_

What type of location do you prefer? \_\_\_\_\_

What is your favorite type of equipment? \_\_\_\_\_

What aspects of a past prescription did you enjoy? \_\_\_\_\_

Is there anything in your type or level of current activity that you want to maintain? \_\_\_\_\_

### Special Interests

Do you have any current or past skills that you want to pursue? \_\_\_\_\_

Do you want more information or resources on particular activities, health, or lifestyle topics? \_\_\_\_\_

\_\_\_\_\_

Do you definitely want to avoid anything? \_\_\_\_\_

Are you interested in accomplishing something specific or being challenged? \_\_\_\_\_

Are you looking for something new or some variety in your prescription? \_\_\_\_\_

### Expectations

Do you have any objectives that are particularly important? \_\_\_\_\_

How will we know when you have reached your objective (be specific about measurable areas of improvement)? \_\_\_\_\_

Are there major behaviors that you wish to change (e.g., eating habits)? \_\_\_\_\_

Do you have expectations for changes in a medical condition? \_\_\_\_\_

Do you have any performance or sport-specific expectations? \_\_\_\_\_

Do you want to know your status or improvement with respect to population standards or in comparison with your own previous efforts? \_\_\_\_\_

Can you set priorities for your expectations? \_\_\_\_\_