### 1. CURRENT PHYSICAL ACTIVITY

<table>
<thead>
<tr>
<th>Intentional Physical Activity (sport/PE/fitness training/professional)</th>
<th>Sessions / week</th>
<th>Sessions length (hrs)</th>
<th>Incidental Physical Activity (commuting/incidental to other life activities/physically demanding work)</th>
<th>Time / Day</th>
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### 2. REASONS FOR EXERCISE (CIRCLE THE 3 MOST IMPORTANT)

- Health & wellbeing
- Fitness
- Enjoyment & a challenge
- Mood & stress management
- Weight & shape control
- Professional achievement
- Other: ________________________________

**REASON FOR EXERCISE PIE CHART**

Divide up the pie chart to show how important each reason is:
3. PROBLEMS (E.G. INJURY, PERSONAL SAFETY, MEDICAL RECOMMENDATIONS)

4. ATTITUDE OF CLOSE OTHERS

5. SUMMARY & IMPRESSIONS