jarodchapman.com

Health and Wellness Questionnaire

Please read and complete this questionnaire.

The purpose of your answers is to give an honest perspective of your current health and fitness level. Your completed questionnaire will assist me in creating the most appropriate tailored programme for you.

The information you provide will be treated with strict confidence.

Personal Details

Surname:

First Name:

E-mail Address:

Contact Phone Number:

D.O.B.:

Body Weight:

Height:

Nutrition

Do you eat more packaged fruits and vegetables than fresh?

Do you eat more white bread than whole grain bread?

Do you eat red meat more than 3 times a week?

Do you use white table sugar? If so, how often?

How often do you eat fast food or take-away?

Do you eat snacks from a vending machine?
(i.e. chocolate, crisps?)

Do you eat frozen pre-packaged dinners?

Do you use white table salt?

Do you eat breakfast?

Do you skip meals?

Do you avoid fats when eating?

Do you often get hungry or crave sweets within 2 hours of

eating? How often do you consume drinks containing

caffeine and/or sugar? Have you tried diets to lose weight?

Do you eat your largest meal in the evening?

Are your portion sizes small, medium or large?

Fitness and Wellness

Do you exercise at present? If so, what do you do?

How frequently do you exercise?

Please detail your exercise history, including school years.

Do you smoke?

Are you taking any medication that may influence your exercise
capacity?

Do you have any musculo-skeletal injuries or complaints?

How many hours sleep do you have each night?

When you awake, do you feel refreshed?

Do you drink alcohol? If so, how many units per week?

Do you use recreational drugs?

Do you worry over job, income or money?

Are any of your relationships causing you stress?

Do you often feel anxious?

Do you often get upset when things go wrong?

Goals

What is it that you are specifically aiming for as a result of working with a personal wellness coach (e.g. to lose weight, increase fitness, feel fantastic or run a marathon)?