Namastic Wellness LLC

Exercise History Questionnaire

Exercise History Information

Are you currently involved in a regular exercise program? ❒ Yes ❒ No

Do you regularly walk or run 1 or more miles continuously? ❒ Yes ❒ No

If yes, what is the average number of miles you cover in a workout? _____

What is your average time per mile? _____

Do you practice weightlifting or calisthenics? ❒ Yes ❒ No

Are you involved in an aerobic program? ❒ Yes ❒ No

If yes, what type(s)? _____

Do you frequently compete in competitive sports? ❒ Yes ❒ No

If yes which one(s)?

- ❒ Golf
- ❒ Bowling
- ❒ Tennis
- ❒ Handball
- ❒ Soccer
- ❒ Basketball
- ❒ Volleyball
- ❒ Football
- ❒ Baseball
- ❒ Track
- ❒ Other:_____
- ❒ Average number of times per week:_____

In which of the following high school or college athletics did you participate?

- ❒ None
- ❒ Football
- ❒ Basketball
- ❒ Baseball
- ❒ Soccer
- ❒ Other:_____
- ❒ Track
- ❒ Swimming
- ❒ Tennis
- ❒ Wrestling
- ❒ Golf

Do you frequently compete in competitive sports?

- ❒ Walking and/or Running
- ❒ Swimming
- ❒ Stationary Biking
- ❒ Jumping Rope
- ❒ Basketball
- ❒ Other:_____
- ❒ Bicycling (outdoors)
- ❒ Stationary Running
- ❒ Tennis
- ❒ Handball
- ❒ Squash

Comments:_____

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NAME: _____

SIGNATURE: _____ DATE: _____

SIGNATURE OF PARENT: _____ WITNESS:_____
or GUARDIAN (for participants under the age of majority)