

THE CHOT ZONE

► 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:
or GUARDIAN (for participants under the age of majority)

WITNESS: _____