



**VMH Fitness Center**  
"Your Community Fitness and Health Facility"  
507 South Main Street  
Viroqua, WI 54665  
608-637-4290

### Exercise History

Do you participate or have you ever participated in a regular exercise program (circle one)? **Yes** **No**

What type of exercise do you participate in now or in the past? \_\_\_\_\_

\_\_\_\_\_

How often? \_\_\_\_\_ For how long? \_\_\_\_\_

What other forms of recreational exercise (softball, golf, basketball, gardening, etc.) are you involved with?

\_\_\_\_\_

How often do you participate in these activities?

\_\_\_\_\_

How much time can you dedicate to exercise per week? \_\_\_\_\_

What are your goals? What do you hope to accomplish by exercising?

\_\_\_\_\_

What are your barriers to following a regular exercise program?

\_\_\_\_\_

\_\_\_\_\_

What are your exercise preferences/what exercise interests you the most? Comments of likes/dislikes (*Rate 1-11, if desired*). If never used, write "N/A"

EXERCISE	RATING	COMMENTS
Treadmill		
Bike		
EFX		
Stairmaster		
Rowing Machine		
Upper Body Ergometer		
NuStep		
Weight Lifting Equipment		
Group Exercise Classes		
Water Classes		
Racquetball		