**The answers to these sample questions should be dropdown lists or text areas.**

> Select the amount and intensity you want from the following to  
> customize your workouts:  
>  
> Fat Burn:                        Beginner     Medium     Maximum  
> Not Interested  
> Strength / Power:            Beginner     Medium     Maximum     Not  
> Interested  
> Flexibility / Balance:        Beginner     Medium     Maximum     Not  
> Interested  
> Krav Maga:                     Beginner     Medium     Maximum     Not  
> Interested  
> Self Defense:                  Beginner     Medium     Maximum     Not  
> Interested  
> Women's Self Defense:    Beginner     Medium     Maximum     Not Interested  
>  
>  
> Workouts (select one(s) that appeal to you)  
> 1 minute  
> 10 minutes  
> 30 minutes  
> 60 minutes  
>  
> In shape?  
> Out of shape?  
> When did you last workout?  
> How many days did you workout last week?  
> Last month?  
> Any current injuries?  
> Any doctor ordered restrictions?  
> Do you have any regular pain?  
>    lower back?  
>    upper back?  
>    neck?  
>    feet?  
> What sports / physical activities have you ever?  
> How much do you weigh?  
> How much do you want to weigh?  
> How tall are you?  
> How old are you?  
> What are your favorite things to eat?  
> What are you favorite things to drink?  
> What else do you eat and drink?  
> How much do you spend weekly on everything you eat and drink?  Monthly?  
> Where/when was your last vacation?  
> Do you drink alcohol? How many drinks per week?  
> Do you have any allergies or restrictions? Milk, eggs, fish, fruit?  
> Do you have a gym membership?  
> Gym in you building?  
> Gym at work?  
> 8'X8" space to workout at home?  
> Do you have access to workout outside?  
> Do you workout (ever) with a trainer?  
> Do you ever use online workouts?  
> Do you ever use workout DVD's?  
> Do you ever use workout games? On Wii?