

Gym Training

* Indicates required question

1. How many times did you go to the gym this week? *

2. How many minutes did you spend at the gym this week? *

3. How fit would you say you are? *

Mark only one oval.

- ☐ Very fit
- ☐ Above Average
- ☐ Average
- ☐ Below Average
- ☐ Very Unfit

4. Do you enjoy going to the gym? *

Mark only one oval.

- ☐ Yes I do!
- ☐ No, I only go to stay fit.
- ☐ I don't go the gym at all.

5. How many of these exercises have you attempted before? *

Check all that apply.

- ☐ Barball Bench Press
 - ☐ Incline Dumbell Press
 - ☐ Squat
 - ☐ Deadlift
 - ☐ Shoulder Press
 - ☐ Leg Extension
 - ☐ None
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