

# Health & Fitness Assessment Questionnaire

---

## PERSONAL INFORMATION SECTION

- **Name:** John Smith
  - **Age:** 35
  - **Gender:** Male
  - **Height:** 5'10"
  - **Weight:** 180 lbs
  - **Email:** john.smith@example.com
- 

## HEALTH METRICS SECTION

- **BMI:** 25.8
  - **Body Fat Percentage:** 18%
  - **Blood Pressure:** 118/76
  - **Resting Heart Rate:** 62 BPM
  - **Activity Level:** Moderate
- 

## SCALE-BASED QUESTIONS (Rate 1-10)

- **Current Fitness Level:** 6
  - **Energy Level:** 7
  - **Stress Level:** 4
  - **Sleep Quality:** 7
  - **Motivation Level:** 8
  - **Nutrition Knowledge:** 5
- 

## FITNESS GOALS

- ☒ Lose weight
- ☐ Gain muscle
- ☐ Improve endurance
- ☒ Increase strength
- ☒ General fitness

- ☐ Sport-specific training
  - ☐ Rehabilitation
- 

## DIETARY PREFERENCES

### Dietary Restrictions:

- ☐ Vegetarian ☐ Vegan ☐ Gluten-free ☐ Dairy-free
- ☐ Keto ☐ Paleo ☒ Low-carb ☐ Mediterranean

### Allergies:

None

---

## EQUIPMENT & SCHEDULE

### Available Equipment:

- ☒ Dumbbells
- ☐ Barbells
- ☐ Resistance bands
- ☐ Cardio machines
- ☒ Yoga mat
- ☐ Pull-up bar

### Preferred Workout Times:

- ☐ Morning
- ☐ Afternoon
- ☒ Evening
- ☐ Flexible

### Experience Level:

- ☐ Beginner
  - ☒ Intermediate
  - ☐ Advanced
- 

## FREE-TEXT RESPONSE SECTIONS

- **Describe your goals:**  
Get leaner and stronger over the next 3 months.

- **Medical conditions:**  
Mild asthma
- **Exercise history:**  
Regular cardio and some weightlifting 3x/week.
- **Food preferences:**  
Prefers high-protein meals, dislikes fish.
- **Additional notes:**  
Travels occasionally for work, needs flexible routines.