



Doc Ann's Coaching Practice®
Prescription for success

Exercise Questionnaire:

- 1) List the top 3 reasons you don't exercise.

- 2) Do any of the following contribute to lack of exercise? How?

- Discomfort
- Embarrassment
- Boredom
- Time Constraints
- Fatigue

- 3) Of the above, which is the biggest reason you don't exercise?

- 4) Do you have any large stressors in your life at this time? Describe.

- 5) What small stressors do you have in your life at this time?

- 6) Is there any exercise/activity that you enjoyed as a child?

- 7) What did you like about that activity?

- 8) When was the last time you engaged in that activity?

- 9) Is there anything you like about exercise?

- 10) How much time (in hours) and how much energy (on a scale of 1-10) do you have in your life right now to devote to change?