Fitness Beginner’s Guide Series

Initial Assessment Sheet

Date:

Name:

Height:

Weight:

Goal (Remember the SMART acronym):

1. Where are you right vs. where you want to be (in terms of health)?
2. Describe your relationship with exercise and nutrition (now and in the past):
3. Have you made any progress towards your goals in the past year?
4. Is your caloric balance positive, negative, or neutral?