**Name:**

**Date of Birth:** (D)\_\_\_\_ (M)\_\_\_\_ (Y)\_\_\_\_ **Sex (please circle):** Male Female

**How many times a week do you weight train?**

**How many hours per week do you weight train?**

**How long have you been weight training (please circle):**

**Less than 2 years More than 2 years**

**What exercises do you include in your weight training?**

**What intensity do you use in your weight training? (ex. 85% 1RM) Describe. How do you know when to progress?**

**What repetitions do you use in your weight training?**