



FITNESS SELF ASSESSMENT

There are no wrong answers, only opportunities to recognize your patterns and habits and decide what is and isn't working.

How active is your lifestyle?

1 2 3 4 5 6 7 8 9 10

Stuck sitting

Constantly on the move

How do you feel about your overall fitness journey so far?

1 2 3 4 5 6 7 8 9 10

Bad times

Feeling great!

What has been positive?

What has been your greatest struggle?

What would you like to change?

What **won't** you change? What do you want/need to keep as it is?



Let's Talk Goals

What are your current fitness goals? (Select all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Gain/Lose Weight | <input type="checkbox"/> Improved Performance |
| <input type="checkbox"/> Build Muscle | <input type="checkbox"/> Improved Health |
| <input type="checkbox"/> Change Body Composition | <input type="checkbox"/> Other _____ |

Pick your top priority fitness goal and **quantify it**, make it specific. For instance, how much muscle do you want to build? By how many beats per minute do you want to lower your resting heart rate?

By **when** do you want to achieve your goal? 3 months from now? 1 year? By a specific date or event?

Now, do a quick mental check, is your goal **realistic** in that time frame? Could you work towards it in a **sustainable** way? If not, no worries, adjust either the goal or the time frame to set yourself up for success.

What does getting Buckingham Fit look like to you?



Movement Check-In

When it comes to the movement categories that you perform in your daily life, how do they feel? Easy and pain-free or are certain movements a struggle?

Squat



My knees don't bend

Drop it like it's hot

Hinge



Creakier than a door

Like a well-oiled machine

Lunge



Please, no...

Lunges with style

Push



I can barely manage a push-pop

Ah! Push it!

Pull



Can someone pull me?

I could pull a train up a hill!

Carry



One grocery at a time

Olympic Grocery Carrier

How often do you work out?

- 0-1x/wk 2-3x/wk 3-5x/wk 5-7x/wk >7x/wk

How many days do you typically have between workouts? _____

How long is your typical workout?

- 0 min 15 min 30 min 45 min 60 min >60 min

How strenuous are your workouts?



Light, easy movement

I push to the limit or past, every time

Are you happy with your fitness regimen? What do you **like**? What might you want to **change**?



Do you have a lot of **variety** in your workouts or do you do the same thing(s) each time?

Are you seeing results with your current regimen?

- Yes! Crushing goals and feeling great!
- I haven't seen results in a while
- My results have gone down
- I don't have a fitness regimen
- Other _____

What do you want to try and/or learn more about?

**You did it! No judgement, just information.
Know that you have a starting point and a goal, you can start
building a plan to achieve it. Even small changes can add up over
time to yield big results. Go after it and surprise yourself!**