

LifeStyles Personal Training Attitudinal Assessment

(Adapted from the NSCA-CPT attitudinal assessment)

1. What would you consider your present attitude toward exercise?

1. Can't stand the thought of it.
2. I'll do it because I know I should, but I don't enjoy it.
3. I don't mind exercise, and I know it is beneficial.
4. I am motivated to exercise

Your answer _____

What do I want my answer to be _____

Additional comments:

2. What would you consider your present attitude toward goal achievement?

1. I feel that whatever happens, happens, and I'll roll with the punches.
2. I set goals and believe it adds clarity and gives me some control over my outcome.
3. I write down goals and believe it is a very valuable exercise in determining my future performance and achievement.
4. I have written goals and I review them often. I believe I have the power to achieve anything I desire and know that setting goals is a vital part of achievement.

Your answer _____

What do I want my answer to be _____

Additional comments:

3. How important to you are the concepts of health and well-being?

1. I don't need to put any effort into bettering my health.
2. I make certain I devote some time and effort into bettering my physical body.
3. I am committed to maintaining and working to improve my health and physical well-being.
4. My health and well being are the foundation of all that I achieve, and they must remain my top priorities.

Your answer _____

What do I want my answer to be _____

Additional comments:

4. How strong and driving is your desire for improvement?

1. I'm really pretty satisfied with the way things are. Striving for improvement might leave me frustrated and disappointed.
2. I'd like to improve but don't know that it's worth all the work involved.
3. I love the feeling as if I've bettered myself and am open to any suggestions for improvement.
4. I'm driven to excel and am committed to striving for consistent and ongoing improvement.

Your answer _____

What do I want my answer to be _____

Additional comments:

5. How do you feel about your self and your abilities (self-esteem)?

1. I am not comfortable with the way I look, feel, or perform in most situations.
2. I would love to change many things about myself although I am proud of who I am.
3. I'm very good at the things I must do, take pride in many of my achievements, and am quite able to handle myself in most situations.
4. I have great strength, ability, and pride.

Your answer _____

What do I want my answer to be _____

Additional comments:

6. How do you feel about your present physical condition in terms of the way you look?

1. I would like to completely change my body.
2. There are many things about my reflection in the mirror that I'm not comfortable with.
3. For the most part I look OK, and I can look really good in the right clothing, but I do feel uncomfortable with a few things about my physical appearance.
4. I am proud of my body and am comfortable in any manner of dress in appropriate situations

Your answer _____

What do I want my answer to be _____

Additional comments:

7. How do you feel about your present physical condition in terms of overall health?

1. I wish I felt healthy.
2. I feel healthy for my age compared to most people I meet.
3. I maintain a high level of health.
4. I am extremely healthy.

Your answer _____

What do I want my answer to be _____

Additional comments:

8. How do you feel about your physical condition in terms of performance in any chosen physical fields of endeavor (sports, training, etc.)?

1. I feel as if I'm in very poor condition and am uncomfortable when faced with a physical challenge.
2. I am not comfortable with my performance abilities; however, I am comfortable training to improve.
3. I feel pretty good about my ability to perform physically although I would like to improve.
4. I have exceptional physical abilities and enjoy being called upon to display them.

Your answer _____

What do I want my answer to be _____

Additional comments:

9. How strongly do you believe that you can improve your body?

1. I believe most of my physical shortcomings are genetic, and most efforts to change would be a waste of time.
2. I've seen many people change their bodies for the better and am sure with enough effort I can see some improvement.
3. I strongly believe the proper combination of exercise and nutrition can bring about some improvement.
4. I know without question that with the proper combination of exercise and nutrition I can bring about dramatic changes in my body.

Your answer _____

What do I want my answer to be _____

Additional comments:

10. When you begin a program or set a goal, how likely are you to follow through to its fruition?

1. I've never been real good at following things through to the end.
2. With the right motivation and some evidence of results I think I might stick to a program.
3. I have the patience and ability to commit to a program and will give it a chance in order to assess its value.
4. Once I set a goal, there's no stopping me.

Your answer _____

What do I want my answer to be _____

Additional comments:

11. How do you feel about your stress level and ability to handle stressful situations?

1. I feel stressed constantly and am unable to handle stressful situations in my daily life.
2. I often feel stressed and have trouble managing situations and my responsibilities.
3. I feel stress occasionally and can handle stressors.
4. I rarely if ever feel stressed and it does not change my ability to function.

Your answer _____

What do I want my answer to be _____

Additional comments:

12. How is your mood and your ability to change it?

1. I very often feel down, unhappy, or angry, and I cannot change it.
2. I often feel down, unhappy, or angry, and I can sometimes change it.
3. I occasionally feel down, unhappy, or angry, but can change it.
4. I rarely feel down, unhappy, or angry, and can easily change it.

Your answer _____

What do I want my answer to be _____

Additional comments:

13. How often do you miss work or class due to illness or stress?

1. I miss work or class more than twice a term from illness or stress.
2. I miss work or class once or twice a term from illness or stress.
3. I miss work or class once a term or not at all from illness or stress.
4. I miss work or class once a year or not at all from illness or stress.

Your answer _____

What do I want my answer to be _____

Additional comments: