

# Questionnaire

1. What activities are you interested in participating in during Fit for Life class? What are you most looking forward to doing? Explain why.
2. What activities are you not interested in during Fit for Life? Explain why.
3. What do you want to achieve by the end of the year? (What is your year long goal for Fit For Life?)
4. What fitness or sports activities do you currently participate?
5. What would you like to have offered as an intramural or club that involves physical activity?