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Are you just working out or making it your workout?
Are you going to gain something from the gym in a timely matter?

- | | <u>Circle One</u> | |
|---|-------------------|----|
| | YES | NO |
| 1. Are you thinking about shopping, your grocery list, or things at home while you workout? | YES | NO |
| 2. Do you do your allotted reps previously planned for the set? | YES | NO |
| 3. Do you always use your written, printed workout blueprint? | YES | NO |
| 4. Do you think about the muscle that you are working? | YES | NO |
| 5. Is it important to you to look strong, good in the gym? | YES | NO |
| 6. Does it seem you are making any muscle gains or just soreness? | YES | NO |
| 7. Do you like to use competitive bodybuilder workouts for yours? | YES | NO |
| 8. Do you try to follow the same nutrition requirements that a competitive bodybuilder? | YES | NO |
| 9. Do you like to flex in the mirror after a exercise? | YES | NO |
| 10. Are you aware of who else is in the gym with you? | YES | NO |
| 11. Are you aware of your body (feelings, muscles, pain) as you exercise? | YES | NO |
| 12. Do you have long and short term exercise goals for yourself? | YES | NO |
| 13. Do you adjust your lifting weight by your written, printed pre-workout? | YES | NO |

NOTE: ANSWERS ARE NOT GIVEN BUT WILL GO OVER WITH PERSONAL TRAINING SESSION.