

Sample Questions to use for Client Interview

PDF Handout
Module 3

Lesson 1

1. Tell me a little about yourself
2. Where did you grow up?
3. Tell me about your education, career and jobs
4. Tell me about your family
5. What are your current or past hobbies and areas of interest and passion?
6. Were you a high school and/or college athlete?
7. Do you have any negative feelings toward, or have you had any bad experience with, physical-activity programs?
8. Do you have any negative feelings toward, or have you had any bad experience with, fitness testing and evaluation?
9. What are you most proud of in your life?
10. What is your social life like?
11. What do you enjoy doing with friends?
12. How is your support system?
13. Do you ever wish you had more help?
14. What is your biggest physical challenge right now?
15. What do you want to be able to do better or easier as a result of working with me?
16. What do you see yourself doing as a result of getting healthier and stronger?
17. Who else will benefit from you getting more healthy and fit?
18. How would you rate current level of stress?
19. What are your current stressors?
20. What coping skills have you learned about handling stress?
21. What kinds of things make you feel the most stress?
22. Would you like help in managing your stress?
23. Have you ever utilized outside sources to help you with stress issues?