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Wellness and Lifestyle Questionnaire

Wellness is a process that involves more than just exercise! Please take the time to answer these questions, so that we can better tailor a fitness program to suit your needs.

Name: _____

Date: _____

What is your typical sleep / wake cycle: What time do you usually go to bed?

How long does it take to get to sleep?

Is your sleep restful?

What time do you usually wake up first?

When do you usually get out of bed?

Is your cycle different on weekdays and weekends?

Do you rely on caffeine, etc, to give you energy throughout the day?

Have you had any significant life changes with in the past two years (i.e. relocation, graduation, marriage, divorce, death)?

When do you interact with people during the day? Morning, Afternoon, Evening? Are there any regular patterns to your day socially?

When do you get outdoors during the day? How long are you exposed to daylight outside in a day?

Are you currently working? If so, how many hours per/week? Do you ever work long days?

What are your goals as they pertain to health, wellness, and fitness?

What is your current activity level: How many times per week do you exercise?

For how long?

What is the intensity?

What activities do you do?

Do you have any special limitations (i.e., joint injuries, recent surgeries, disease, etc.) that can be made worse by exercise? Please describe any special conditions in detail.

How much time per day and per week are you willing to devote to exercise?

What kinds of physical activities interest you most? Or used to interest you?

If you have attempted a regular exercise program before, what would you describe as your greatest roadblock to consistency? What do you find most frustrating about achieving wellness?

What experience have you had trying to lose weight: Where there times of success? And what seemed to be key elements of success?

How about failures, what were the key elements there?

Have you been on any diet plans? (Atkins, South Beach, Weight Watchers, Jenny Craig, etcetera) and what were your experiences of those plans?

How do you feel about your body weight/image?

Thank you for taking the time to fill out this survey.