

NAME: Write exact response DOB: MM/DD/YYYY TODAY'S DATE: MM/DD/YYYY

1. Think about a typical week, prior to the current coronavirus situation.

In a typical week, do you do planned physical activity or exercise? 1 Yes 2 No [Skip to 3]

Which exercise do you do most frequently? Write exact response

How many days in a typical week do you do this activity?

0 None 1 1 day 2 2 days 3 3 days 4 4 days 5 5 days 6 6 days 7 7 days

How much time in a typical day do you do this activity? Write exact response minutes

When you do this activity, do your heart rate and breathing increase?

0 No 1 Yes, a small increase 2 Yes, a moderate increase 3 Yes, a large increase

What is the second most frequent exercise you do? Write exact response

How many days in a typical week do you do this activity?

0 None 1 1 day 2 2 days 3 3 days 4 4 days 5 5 days 6 6 days 7 7 days

How much time in a typical day do you do this activity? Write exact response minutes

When you do this activity, do your heart rate and breathing increase?

0 No 1 Yes, a small increase 2 Yes, a moderate increase 3 Yes, a large increase

2. Think about a typical week, prior to the current coronavirus situation.

How many days in a typical week do you usually exercise at home?

0 None 1 1 day 2 2 days 3 3 days 4 4 days 5 5 days 6 6 days 7 7 days

3. Think about a typical week, prior to the current coronavirus situation. On a scale of 1 to 5, with 1 being never and 5 being many times, please rate how often you...

	Never	Almost Never	Some- times	Often	Many Times
You keep track of how much physical activity you do.	1	2	3	4	5
You reward yourself for being physically active.	1	2	3	4	5
You tell yourself that you can start again when your physical activity plans get off track.	1	2	3	4	5
You have someone who encourages you to do physical activity.	1	2	3	4	5
You set goals to do physical activity.	1	2	3	4	5
You set aside time to exercise.	1	2	3	4	5

4. Think about a typical week, prior to the current coronavirus situation. On a scale of 1 to 5, with 1 being not at all confident and 5 being extremely confident, please rate how confident you are that you can exercise...

	Not at all Confident	Somewhat Confident	Moderately confident	Very Confident	Extremely confident
...When you are at home.	1	2	3	4	5
...When the weather is bad.	1	2	3	4	5
...When you do not have a fitness advisor with you.	1	2	3	4	5
Make time for at least 30 minutes each day of physical activity, like walking.	1	2	3	4	5

5. Think about the place that you stay. What things do you have at home that could help you be active?

A safe space to walk outside?	1 Yes	2 No
A treadmill or exercise bike at home?	1 Yes	2 No
A kitchen chair?	1 Yes	2 No
Free weights?	1 Yes	2 No
Other: _ Write exact response _____		

6. The Wellness Center is closed during the current coronavirus situation. What are your goals for exercise while the Wellness Center is closed? (Please help the patient articulate their goal as a SMART goal.)

Patient's exact words:

Write exact response

SMART goal:

Write exact response

7. EXERCISE PRESCRIPTION. Next week, you should do this exercise:

Write exact response

8. FITNESS ADVISOR NOTES:

Write exact response