NAM	IE: <i>Write</i>	exact respo	nse	DOB: MI	M/DD/YYYY	-	TODAY'S DA	\ΤΕ: <i>ΜΜ</i>	1/DD/YYY	Υ	
1. 1	Think abou	t a typical w	eek, <u>prior to</u>	the curren	nt coronavir	us situa	tion.				
In a	a typical we	eek, do you	do planned p	hysical act	tivity or exe	rcise?	1 Yes	2 No [Sk	kip to 3]		
Wh	nich exercis	se do you do	most freque	ently? _Wri	ite exact res _i	ponse					
	-	-	/pical week d 2 2 days	-	-		5 days	6 6 days	7 7	days	
	How much	time in a ty	pical day do	you do thi	is activity? _	_ Write	exact resp	onse r	minutes		
	When you 0 No		vity, do your nall increase					3 Ye	s, a large	e increase	2
Wh	nat is the se	econd most	frequent exe	rcise you d	do? Write	exact re	esponse				
	How many 0 None		ypical week d 2 2 days	-	-		5 days	6 6 days	7 7	days	
	How much	time in a ty									
			урісаі дау до	you do thi	is activity? _	Write e	xact respo	<i>nse</i> mii	nutes		
	When you 0 No	do this acti	vity, do your	heart rate	and breath	ing incre	ease?			e increase	j
	0 No	do this acti	vity, do your	heart rate 2	and breath	ing incre	ease? rease			e increase	<u>.</u>
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You set aside time to exercise.

4. Think about a typical week, <u>prior to</u> the not at all confident and 5 being extremel exercise						_			
	Not at Confide		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? A treadmill or exercise bike at home? A kitchen chair? Free weights? Other: _ Write exact response	1 Yes 1 Yes 1 Yes 1 Yes	2 N 2 N 2 N 2 N	No No						
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:			SMART goa	ıl:					
Write exact response			Write exact re	esponse					
7. EXERCISE PRESCRIPTION. Next week, you should do this exercise:									
Write exact response									
8. FITNESS ADVISOR NOTES:									
Write exact response									