

Below is a list of physical and emotional improvements that come as a result of participating in a regular exercise/wellness program? Rank the following outcomes in order of priority as they pertain to you.

Extremely Important

Somewhat Important

Not at all Important

1

2

3

4

5

6

7

8

9

10

- ___ **Improve cardiovascular fitness**
- ___ **Body-fat weight loss**
- ___ **Reshape or tone my body**
- ___ **Improve performance for a specific sport**
- ___ **Improve moods and ability to cope with stress**
- ___ **Improve flexibility**
- ___ **Increase strength**
- ___ **Increase energy level**
- ___ **Feel better**
- ___ **Enjoyment**
- ___ **Injury prevention**
- ___ **Rehabilitate injury**
- ___ **Improve eating habits**
- ___ **Stop smoking/drinking**