



Pre-Hiking Self-Assessment

Exercise is defined as anything that gets the body moving and increases the heart-rate. This includes activities such as a brisk walking, jogging, or riding a bike. Different types of exercises and their intensities are considered when creating your specific plan.

During a 7 day period, I normally exercise ___ (number) days.

I exercise for an average of ___ minutes during my exercise session.

During a 7 day period I normally exercise ___ minutes (number of days x session duration, if sessions are consistent. Otherwise, estimate the best you can.)

When considering the other responsibilities and activities in my life, I can reasonably commit to training ___ (number) day per week.

When considering the other responsibilities and activities in my life, I can reasonably commit to training ___ (minutes) per session.

I enjoy and have access to the following forms of exercise:

- | | |
|---|---|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Tennis or pickleball |
| <input type="checkbox"/> Jogging/running | <input type="checkbox"/> Hiking |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Playing a team sport |
| <input type="checkbox"/> Biking | <input type="checkbox"/> Exercises classes (please specify) |
| <input type="checkbox"/> Body-weight strength training | _____ |
| <input type="checkbox"/> Strength training with weights | |



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I do not enjoy or do not have access to the following forms of exercise:

- | | |
|---|---|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Tennis or pickleball |
| <input type="checkbox"/> Jogging/running | <input type="checkbox"/> Hiking |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Playing a team sport |
| <input type="checkbox"/> Biking | <input type="checkbox"/> Exercises classes (please specify) |
| <input type="checkbox"/> Body-weight strength training | _____ |
| <input type="checkbox"/> Strength training with weights | |

The longest I have hiked during one day is ____ (km or miles).

The most consecutive days I have hiked is ____ (number) days.

From a physical preparation standpoint, the thing(s) I am most excited for or confident in is:

From a physical preparation standpoint, the thing(s) I am most apprehensive about is:
