



# **ADAPTIVE EXERCISE GROUP**

## **Please Note:**

Completion of this form is voluntary and is not a pre-requirement for participation in any of Adaptive Personal Trainings services!

## **Instructions:**

Please write or type in the question number and any additional information you feel may help concisely expound on the question addressed. Please refer to your (Behavior checklist) to see the listed questions as well as their corresponding question number's.

**Thank you!**

**Question #**

**Question #**

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