

Client Questionnaire – Sample

Trip Name: _____ Trip Date: _____

Name: _____

Age: _____ Male _____ Female _____

Height: _____ Weight: _____

Walking Ability

Please indicate your usual distance and terrain

Usual walking distance per day 1-4 kms _____ 5-10 kms _____ 10 + kms _____
Usual Terrain Footpaths _____ Tracks _____ Marked Routes _____

Additional Walking Experience

Physical Activities

Please describe other types of physical activities that you engage in regularly

Activity: _____ Times per week: _____ Duration: _____

Activity: _____ Times per week: _____ Duration: _____

Activity: _____ Times per week: _____ Duration: _____

Do you have any special dietary needs? Please specify

Please list and physical limitations or conditions, medications being taken, or other health problems: _____

Do you have any special interests and/or hobbies that are applicable to this tour? _____
