

Fitness Personality

QUIZ

RESEARCHED + COMPILED + CREATED FOR YOU BY

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**If you aren't sure
what kind of
exercise you truly
enjoy, I have a
little quiz to help
you figure it out.**

1

What motivates you or makes you want to work out?

- ☐ (A) When I see progress in my strength and fitness
 - ☐ (B) Being social, either in person and/or as part of an online fitness community
 - ☐ (C) Finding inner peace and balance
 - ☐ (D) Getting outdoors and enjoying the fresh air
-

2

What do you like to throw on to work out?

- ☐ (A) Workout clothes specific to the gym—you know, the kind you can walk around in so everyone knows you worked out and looked fab doing it
- ☐ (B) Anything, but it has to be comfy and not too constricting
- ☐ (C) Loose, flexible attire that I could also run errands in it after I work out
- ☐ (D) Sporty outdoor clothes

3

How do you prefer to track your fitness progress?

- ☐ (A) Seeing the readouts on fitness tracker or gym equipment improve, or hitting personal benchmarks
 - ☐ (B) I can feel the energy of the room and the encouragement, whether it's in person or on an app
 - ☐ (C) By my improved flexibility and mental clarity
 - ☐ (D) Based on how far I can go or if it's an adventure
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4

How long do you like to work out?

- ☐ (A) 1+ hours, so I can hit all parts of the workout
- ☐ (B) I've got a tight schedule so under an hour is key
- ☐ (C) Any amount of time so long as I don't feel rushed
- ☐ (D) As long as it takes

5

What kind of music do you need to get the best workout?

- ☐ (A) I like high-energy hype music—I've got a playlist that fits the bill
 - ☐ (B) Upbeat, rhythmic songs
 - ☐ (C) Calming, soothing, instrumental music
 - ☐ (D) I just need fresh air and the sights and sounds of nature
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6

How do you prefer to receive guidance during exercise?

- ☐ (A) One-on-one trainer
- ☐ (B) A qualified instructor who tells me what to do
- ☐ (C) Self-guided or occasional workshops
- ☐ (D) Self-paced, exploring and learning as I go

7

What's your primary fitness goal?

- ☐ (A) Building muscle and strength
 - ☐ (B) Overall fitness and fun
 - ☐ (C) Flexibility and stress relief
 - ☐ (D) Adventure and exploring nature
-

8

Which of these activities appeals to you the most?

- ☐ (A) Lifting weights
- ☐ (B) Dancing or spin class
- ☐ (C) Yoga and stretching
- ☐ (D) Hiking or biking

9

What's your ideal social setting for exercise?

- ☐ (A) A mix of solo and social interactions
 - ☐ (B) With a group of energetic people
 - ☐ (C) Alone or a small class
 - ☐ (D) Solo or with a close friend
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10

How important is the physical setting of your workout?

- ☐ (A) Very—I need a well-equipped space
- ☐ (B) Somewhat, so I can feel the energy
- ☐ (C) Calm and minimal
- ☐ (D) Open spaces are essential

What workout is best for me?

IF YOU ANSWERED:

MOSTLY A'S:

You are a Gym Guru

MOSTLY B'S:

You are a Get Me to a Group Class

MOSTLY C'S:

You are a Zen Seeker

MOSTLY D'S:

You are an Outdoor Lover

The Gym Guru



PREFERRED ENVIRONMENT:

The gym or home gym (Peloton, app or YouTube workouts)

IDEAL TIME OF DAY:

Early morning

BENEFITS:

Access to a wide range of equipment, personal training options, and a structured environment for focused workouts

Get me to a Group Class



PREFERRED ENVIRONMENT:

Group fitness classes (ClassPass is your thing)

IDEAL TIME OF DAY:

Weekday early mornings or evenings, or weekend mornings

BENEFITS:

Social interaction, motivational setting, diverse class options (dance, spin, HIIT), structured routines led by instructors

The Zen Seeker



PREFERRED ENVIRONMENT:

Yoga studio or home workout space

IDEAL TIME OF DAY:

Late morning (10-12pm)

BENEFITS:

Stress reduction, improved flexibility and balance, mind-body connection, suitable for all fitness levels

The Outdoor Lover



PREFERRED ENVIRONMENT:

Outside (the park, a trail, the beach)

IDEAL TIME OF DAY:

Morning or afternoon (must have daylight)

BENEFITS:

Fresh air and natural scenery, versatile activities (hiking, running, cycling), vitamin D exposure, mental health boost