



Occupation and Recreation Questionnaire

Does your occupation require extended periods of sitting? If you answered Yes, please explain:	Yes / No
Does your occupation require extended periods of repetitive movement? If you answered Yes, please explain:	Yes / No
Do you participate in recreational activities such as golf, tennis, skying, cycling? If yes, please elaborate:	Yes / No
Have you done any pilates before? If yes, please elaborate:	Yes / No