

PRO FITNESS

Position Application Questionnaire

Position Applying For:		
Name:		
Address:		
	Post Code	
Home Phone:		
Mobile:		
Drivers Licence:		
Email Address:		

Qualifications:	Year Completed:

Detail First Aid Qualifications

What are your Requirements from Pro-Fitness?



How flexible can you be with working hours?



Do you currently exercise; whereabouts and how long have you been exercising for?



What is your dream position and how are you getting there?



Why did you decide to apply for a Position at Pro-Fitness?



What can you do or bring with you that will make Pro-Fitness a better place?



What are things that you would value in an employer?



Describe your ideal Job, ideal workplace/culture, ideal or best employer.



Do you have any specific salary requirements?



Rate yourself in the following areas (1 being weakest and 10 being the strongest).

- ORGANISATIONAL SKILLS**
- CREATIVE THINKING**
- INTERPERSONAL SKILLS**
- TIME MANAGEMENT SKILLS**
- ANATOMY**
- PROGRAM DESIGN**
- EXERCISE TECHNIQUE SKILLS**
- COMPUTER SKILLS**

How do you feel about attending meetings out of normal hours and/or in your own time?



What other commitments do have Work/Personal?



If we continue with the interview process, would you feel comfortable with us contacting your previous employer, Peers, Subordinates and/or Customers?



What would they [above] say about you?



What do you *like the most* about you current/previous position?



What do you *like the least* about you current/previous position?



What resources do you use to manage your time?



Who Are You?

Put a number from one to four next to each word in the box provided.
4 being the most like your character, then 3 the next mostly likely characteristic, the 2 and 1
being the least like you. Only use a number once on each line going across the page as in
example.

Example:

Directing 4 Influencing 3 Steady 1 Cautious 2

Directing		Influencing		Steady		Cautious	
Self Certain		Optimistic		Deliberate		Restrained	
Adventurous		Enthusiastic		predictable		Logical	
Decisive		Open		Patient		Analytical	
Daring		Impulsive		Stabilising		Precise	
Restless		Emotional		Protective		Doubting	
Competitive		Persuading		Accommodating		Curious	
Assertive		Talkative		Modest		Tactful	
Experimenting		Charming		Easy-going		Consistent	
forceful		sensitive		Sincere		Perfectionist	

For Management Use Only

*Thank you for your time in filling out this questionnaire.
We will contact you if you are successful for a second interview.*