



a limited liability company

www.StepOutdoorsAdventures.com

~ A Snapshot of You ~

Updated November 13, 2020

Personal Contact Information

Name	
Address	
Contact Number	
Email Address	

Outdoor Experience

Excited or Worried	What do you get most excited about or worried about when being in the out-of-doors?	
Rate Your Experience	How would you describe your outdoor experience?	
	What do you participate in outdoor activities?	
Hiking and Backpacking	Describe your last hiking or backpacking experience.	

Goals

Goals	<p>List your top three goals for your adventure? You can include skills, techniques, etc.</p> <p>1 -</p> <p>2 -</p> <p>3 -</p>
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The Fine Points

General Physique	Height	
	Weight	
	Shirt/Jacket Size (mark one)	Pant Size (mark one)
	Small	Small
	Medium	Medium
	Large	Large
	X-Large	X=Large
XX-Large	XX-Large	
Stamina and Endurance	How often do you exercise?	
	What is your regular exercise routine?	
	Can you lift 25 pounds with assistance?	<input type="radio"/> Yes <input type="radio"/> No
	Can you walk two miles before needing a break?	<input type="radio"/> Yes <input type="radio"/> No
I Feel	Describe how you feel physically.	

Food Likes and Dislikes

Allergies and Dietary Restrictions	List all food allergies or dietary restrictions.
I Like	<p style="text-align: center;">List your favorite foods for breakfast, lunch, dinner and options.</p> <p>Breakfast -</p> <p>Lunch -</p> <p>Dinner -</p> <p>Snacks -</p>