Questions for Classes
And Team Meetings

Icebreakers
One of the biggest lessons we've learned is to keep the questions simple enough that people can quickly come up with an answer. Speed bumps can totally take away from the spirit of this practice. It should feel light, smooth, and fun! One final lesson, before we dive into the questions, is to know your audience and avoid questions that might create conflict or make people feel uncomfortable. With that, let’s break some ice...

1. Where were you born?
2. What was the first word you spoke?
3. What’s your middle name?
4. What was the first car you owned?
5. Have you ever named your car? If so, what name?
6. Who was your childhood celebrity crush?
7. How many siblings do you have?
8. If you could pick another eye color for yourself, which color would you choose?
9. If you could rename yourself, would you? And do you know of another name you’d choose?
10. Where did you go to high school?
11. How many students were in your graduating class?
12. What’s your number one silly fear or phobia?
13. What’s one completely safe animal that you’re afraid of?
14. What’s your favorite holiday?
15. What’s your least favorite holiday?
16. What’s your favorite non-traditional holiday?
17. If you could create a holiday, what would you create?
18. What’s your favorite family tradition around birthdays or holidays?
19. What was your favorite Halloween costume as a kid?
20. What’s your favorite Halloween costume you’ve ever worn?
21. What’s the funniest or most memorable Halloween costume you’ve seen?
22. Who is/was the oldest person you ever knew? How old are/were they?
23. What’s your profession?
24. What was your first pet’s name?
25. Dogs or cats?
26. If you could be an animal for a day, and not get eaten, what would you be?
27. As a kid, what did you want to be when you grew up?
28. If you could magically gain one skill without working for it, what would it be?
29. What’s your sign?
30. What was your favorite class in school/college?
31. Do you have any pets?
32. Name one goal for this year.
33. If you were sent to live on a space station for three months and allowed to bring only one personal item with you, what would it be?
34. What do you do when you’re procrastinating? (Name your go-to distractions.)
35. If you had one extra hour of free time every day, how would you use it?
36. What is one nickname you have?
37. If you knew you couldn’t fail, what would you do? OR If you knew you would fail, what would you do anyway?
38. If you were a teacher, what would you teach?
39. What’s the weirdest gift you’ve ever received?
40. What’s the best gift someone could give you today?
41. What’s the worst job you’ve ever had?
42. What was your first job?
43. What household chore do you dislike the most?
44. If you were a boxer, what entrance or walk-up song would you play?
45. If you could instantly become fluent in another language, which language would you choose?
46. What’s your favorite tradition (family, holiday, etc.)?
47. Tell us about your favorite birthday dessert.
48. It’s your birthday and you get to have anything for dinner you want. What are we eating?
49. Favorite thing to do on a rainy day?
50. What was one fun thing you did this weekend?
51. If you had to get a tattoo (no choice here) and it had to be larger than 3 inch by 3 inch, and you could never have it removed, what would you get and where would you get it?
52. If you had a time machine for the weekend, where would you go?
53. If you could live anywhere in the world for a year, where would it be?
54. What’s your favorite vacation spot?
55. Where did you last vacation?
56. What’s your favorite town/city in the world?
57. Why do you CrossFit?
58. What CrossFit movement is the hardest for you?
59. What CrossFit movement do you dislike the most?
60. What’s your favorite movement in CrossFit?
61. What’s one small/micro fitness goal that you have right now?
62. What’s your favorite sport to watch?
63. What’s your favorite sport to play?
64. What’s your biggest sports fail as a kid? What sport did you try and fail?
65. If you could magically master one CrossFit movement, which would it be?
66. How long have you been doing CrossFit?
67. What was the last sport you played? CrossFit doesn’t count. What did you do for fitness before CrossFit?
68. What’s your favorite unusual Olympic sport?
69. If you could be an athlete in any Olympic sport, what would you choose?
70. What’s your favorite water activity?
71. What is your favorite thing to do outside?
72. If you could observe any animal in its natural habitat, what would you choose?
73. If you could be best friends with a wild animal, which animal would you choose?
74. What is one thing you like to do for fun?
75. What was the last book you read?
76. What’s one of your favorite books?
77. What book have you gifted to others the most often?
78. Are you Gryffindor, Ravenclaw, Slytherin, or Hufflepuff?
79. What’s your favorite mythical creature of all time?
80. What’s your favorite cartoon?
81. Who’s your favorite superhero?
82. If you could have one superpower, what would it be?
83. If you could be a superhero, who would it be?
84. If you got to step into the world of a fictional character and live their life for a week, who would you choose?
85. If you could spend a day with one person from history, who would it be?
86. Which celebrity/historical figure would you want to workout with?
87. If you could have any celebrity as your best friend, who would you choose?
88. What’s your burlesque dancer name?
   a. Formula: Name of your first pet (Bubbles) + Street you grew up on (Altamont) = Bubbles Altamont.
   b. * Only use this if you know your audience well.
89. If a movie was being made about your life and you could choose the actor/actress to play you, who would you choose?
90. Name the most famous person you’ve seen or met in person.
91. What’s one of your favorite movies?
92. What movie have you watched the most in your lifetime?
93. What were your favorite movies as a kid?
94. What cartoon/movie/book character or villain were you most scared of as a kid?
95. What’s your favorite TV show?
96. What’s your fastest Netflix/etc. T.V. show binge?
97. What’s your favorite comedy?
98. What’s your favorite action movie?
99. If you could step inside a movie or book for a few hours, and experience that fictional world, what movie/book would you choose?
100. What’s your favorite board/card/table game?
101. If you could score tickets to any concert, in any era (time travel is possible), who would you choose?
102. What’s your favorite workout music?
103. What’s a song you’re really into right now?
104. What music did you listen to in high school?
105. If you had to sing Karaoke, what song would you choose?
106. Best Disney or Broadway musical soundtrack?
107. If you were given an amazing singing voice for 5 minutes, what song would you sing?
108. What music do you listen to when you’re driving?
109. If you could magically have the ability to play one instrument, what would you choose? Singing counts.
110. What was the first live concert you ever attended?
111. What was the first record or cd that you bought?
112. What’s your favorite cheat meal?
113. What’s your favorite food?
114. If you had to eliminate one food/beverage from the world, so that no one could ever eat it again, what would you choose?
115. What’s your favorite ice cream flavor?
116. What’s your favorite dessert?
117. What are your go-to restaurants when you don’t want to cook?
118. Tacos or burritos?
119. What was the last thing you ate?
120. What’s your favorite comfort food?
121. What’s your favorite source of protein?
122. What’s your favorite carb?
123. What’s your favorite fat source?
124. What’s your favorite beverage? (alcoholic/non-alcoholic)
125. What’s your favorite local breakfast spot?
126. What’s your favorite breakfast food?
127. What food do you crave the most often?
128. What’s your favorite chip flavor?
129. What’s your favorite “healthy snack”?
130. Crunchy or smooth peanut butter?
131. What’s the weirdest thing you’ve ever eaten?
132. What’s your favorite unusual food combination?
133. When you went trick-or-treating as a kid, what was your favorite candy to get? And what was your least favorite?
134. If you could eat at only one restaurant for the next year, which would it be?
135. What’s your favorite fruit?
136. What’s your favorite pizza?
137. What is your morning drink of choice?
138. What's your favorite dish to cook for friends?
139. Tell two truths and a lie about yourself.
140. Name one of your favorite smells.
141. If you got to be a late show host for one night and you could pick any guest to interview, who would you choose?
142. If you were to perform in the circus, what would you do?
143. What's a hobby you always wanted to pick up, but never did?
Would You Rather...

1. Would you rather go into the past and meet your ancestors or go into the future and meet your descendants?
2. Would you rather be able to talk to animals or speak all foreign languages?
3. Would you rather read an awesome book or watch a good movie?
4. Would you rather explore space or the ocean?
5. You’re stranded on an island for a year. Would you rather be alone or with someone you don’t like?
6. Would you rather live where it is constantly winter or where it is constantly summer?
7. Would you rather be a little late or way too early?
8. Would you rather be able to take back anything you say or hear every conversation around you?
9. Would you rather be a werewolf or a vampire?
10. Would you rather be fluent in all languages or be a master of every musical instrument?
11. Would you rather have your own boat or your own plane?
12. If you had a boat, what would you name it?
13. Would you rather sing like an opera star or cook like a gourmet chef?
14. Would you rather be able to breathe underwater or fly through the air?
15. Would you rather live without music or T.V.?
16. Would you rather have the ability to see the future or read minds?
17. Would you rather lose the ability to lie or believe everything you’re told?
18. Would you rather be the funniest person in the room or the most intelligent?
19. Would you rather run at 100 mph or fly at 10 mph?
20. Would you rather live where it only snows or the temperature never falls below 100 degrees?
21. Would you rather be an Olympic Gold Medalist or an astronaut?