



**Athlete Questionnaire:** In order to help guide you in running healthy and/or create an individualized training plan, it is necessary to evaluate some of your health and lifestyle history, along with your current running fitness.

**Your information is kept strictly confidential.** Please answer the following questions to the best of your ability. You are not required to answer any questions you do not feel comfortable giving the answers to.

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Emergency contact (Name & Phone Number): \_\_\_\_\_

\_\_\_\_\_

How do you feel your overall health is right now?

\_\_\_\_\_

If currently you have any acute or chronic illness and/or injury, you believe may affect your ability to walk, jog, run, or participate in a fitness program, please describe and give date of onset:

\_\_\_\_\_

\_\_\_\_\_

**Are you currently prescribed any medications? If so, please list below.**

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**Running interest (check all that apply):**

**Fitness & Fun \_\_\_\_\_ Recreational or Social Racing \_\_\_\_\_ Training for Multi-Sport \_\_\_\_\_**

**Racing for Improved Performance \_\_\_\_\_ Racing for Awards \_\_\_\_\_**

**How long have you been running? If you're a returning runner, please give previous history of running.**

**What type of runner do you consider yourself?**

**How many miles per week have you averaged over the past three months?**

**Do you have any specific running goals in the near future?**

**Do you add variety to your workouts in regards to specific types of running and/or other forms of exercise?**

**What would be an example of your weekly work/life schedule? Please include Sunday-Saturday.**

**What do you expect out of a run coach?**

**Is there a preferred style of communication and/or instruction?**

**Please describe any previous problem with training or racing:**

**Most recent racing results, including distance, pace/time, and date:**

**Running Personal Bests:**

**Additional comments or concerns:**