



## Personal Excellence Athlete Survey

The following questions serve two purposes. First, your answers will enable me to get a good sense of your needs, abilities, expectations, lifestyle, etc. Second, they will give you an idea of the scope of issues I address in developing and maintaining a personal training plan.

- 1 Full name:
- 1 Age and date of birth:
- 1 City:
- 1 E-mail, and phone number, that I can reach you at for coaching related matters:
- 1 Occupation:
- 1 Do you consider your job stressful?
- 1 Do you keep a training log, and if so, in what format (electronic, journal, etc.)?
- 1 Do you own a heart rate monitor, and if so, do you use it?
- 1 Have you ever had your heart rate zones tested by a professional?
- 1 Do you train with a Garmin or similar device that shows speed and distance?
- 1 How long have you been running?
- 1 Have you ever had your running gait analyzed by a professional?
- 1 Do you run on your own or with a group?
- 1 How long have you been biking?
- 1 What type of bike do you own?
- 1 Do you take group spinning classes?
- 1 Do you own an indoor bike trainer?
- 1 How long have you been swimming?
- 1 Do you belong to a masters swim group or have access to a swim coach for lessons?
- 1 Do you do core work, strength training, yoga, and/or Pilates?
- 1 Are there any other sports or physical activities not mentioned above that you like to do?
- 1 What is your primary motivation for participation in athletic activities?
- 1 What is your secondary motivation?
- 1 What are your short-term athletic goals?
- 1 What are your long-term athletic goals?
- 1 What races would you like to enter in the current or upcoming season?
- 1 Please give me a brief summary of any races you have participated in, and approximate finishing times and placing.
- 1 How many days a week do you train or exercise?
- 1 How many hours per day do you have available and are you interested in training?



- ‡ What time of day do you prefer to train and are there any days/times you cannot train due to other commitments?
- ‡ What do you consider your strengths for the sports you focus on?
- ‡ What do you consider your weaknesses in these sports?
- ‡ What is your history of injury from sport?
- ‡ Do you have any chronic injuries or medical conditions that affect your participation in sports?
- ‡ When was your last complete medical examination?
- ‡ Do you see a chiropractor, massage therapist, or physiotherapist as needed or on a regular basis?
- ‡ Do you have any knowledge of, or experience with, mental training for sport?
- ‡ When are you available for meetings or phone consultations with your coach?
- ‡ What forms of communication do you prefer with your coach? (e-mail, phone, face to face)
- ‡ How frequently do you want to interact with your coach? (daily, 2-3 X per week, weekly, other)
- ‡ Have you had a personal coach before, and if so, who and for what sport(s)?
- ‡ What is your primary reason for hiring a personal coach?
- ‡ What do you expect from your coach and what areas do you want help with?
- ‡ Is there any other information not mentioned above that you would like your coach to know?
- ‡ How did you find out about my coaching services?