



PRE-COACHING SURVEY

Do your best to answer all questions fully, with as much detail as possible! This will help us develop the right program that works for YOU and fits into YOUR life! Looking forward to working with you!

When you're done with this survey, save and send to hillpursuit@gmail.com

1. What is your name, email address, cell phone?
2. When is your birthday? How old are you?
3. What is your sex, height, weight (estimates are fine)?
4. Emergency contact information (name, relationship, phone number).
5. How did you hear about our coaching services?
6. What is your training experience?
7. Over the last six months, describe your weekly training in terms of days/week, type, duration, etc. Give a lot of detail!
8. What are your goals for our time working together as athlete/coach this season?
9. What is your availability for training during our time together? (i.e. MWF, 5 days/week, 7days/week, 40min at a time, unlimited, etc.)
10. What types of training equipment do you own and/or have access to? (swim suits, goggles, fitness watch, squat rack, barbell, free weights, gym membership, etc.)
11. List any current or past injuries/musculoskeletal issues, and please describe the level of severity and whether or not the issue prevents you from performing any type of activity.
12. What do you want most out of our coach-athlete relationship?
13. List your BIGGEST short-term and long-term goals. How motivated are you to achieve these goals?
14. What is your biggest obstacle in training, preventing you from reaching your goals?