|  |
| --- |
| Background details – {*enter name*} |
| All questions contained in this questionnaire are strictly confidential and will help to form the basis of your coaching plan. |

HEIGHT:

WEIGHT:

DOB:

ADDRESS:

HOME PHONE:

MOBILE:

E-MAIL:

***My background, aims, desires and motivations for the next 12 months***

***The things I think I am strong at:***

***The things I think I am weak at:***

***My normal summer training regime:***

***My normal winter training regime***

***My achievements in the last 2 years:***

***Training time and family commitments:***

***Times when I am unavailable:***

***Events in 2023 I have entered for:***

***Health considerations:***

***Diet details:***

***Access to training equipment:***

***My local terrain:***