



Member Information

Member Name: _____	Home Phone: _____
Address: _____ _____	Cell Phone: _____
	Email Address: _____
Date of Birth: _____	Emergency Contact: _____
Height: _____ Weight: _____	Cell Phone: _____
Desired Weight: _____	

HEALTH

- Do you have any Health Concerns or Restrictions?
- Any injuries?
- Any medications that could impact running or other physical activity?
- What is your average hour of sleep per night?
- Do you have any significant life stressors?

RUNNING AND TRAINING HISTORY

- Describe how long you've been running and your running history
- Describe in detail your last 4 weeks of training
- How many miles per week do you run presently? _____ When and how long was your last long run?
- What is the most amount of miles you've ran in 1 week? When?

- In detail for each day of the week how much time do you have to train and when?
- What are the best days of the week for your longer workouts?
- What previous training has worked well and what training has not worked well for you?
- What is your personal best time for the below distances and what date was this time ran:

	<u>Time</u>	<u>Date</u>
Mile:		
5K		
10K		
½ Marathon		
Marathon		

- Do you train with a group? If yes, when and what?

FITNESS INFORMATION

- Do you have a heart rate monitor?
- What is your maximum heart rate? (If known)
- What is your lactate threshold heart rate or pace? (If known)
- What cross-training do you enjoy and participate in?
- Are you interested in BTB Coaching or BTB Coaching & Triplex Training?
- Do you strength train? If yes how often and when?
- How often do you stretch and what kind of stretching do you perform?

RUNNING AND FITNESS GOALS

- List your goals for the next 3-6 months:

- List your goals for the next 6-12 months:

- List any specific races and their dates you want included in your training schedule. Please note which races are your GOAL races and which are just for fun or training purposes:

ADDITIONAL INFORMATION

- Anything else you would like to add so I can better write a personal training schedule for you?
- If you are local will you be able to join us for track, Saturday long runs and strength training at Triplex Training?
- Do I have your permission to include your name, upcoming races and results on BELIEVETRAINBECOME & Triplex Training website?

Signature _____ Date _____