



*New Client Intake Form*

**Personal Details:**

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

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

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Medical Conditions I should be aware of:

Are you prone to any injuries, if so what normally brings them on?

Give a brief listing of any injuries you've had in the past:

**Goals:**

Long-Term:

- 1.
- 2.
- 3.
- 4.
- 5.

Season:

- 1.
- 2.
- 3.
- 4.
- 5.

**Limiters: (What do you feel is holding you back from your full potential?)**

- 1.
- 2.
- 3.
- 4.
- 5.

**Strengths:**

- 1.
- 2.
- 3.
- 4.
- 5.

**What do you expect from a coach?**

**Training Schedule:**

Availability will be provided by the client Fri. or Sat for the upcoming training week. It can be sent by e mail in the following form.

Example:

<u>Day</u>	<u>Hrs Avail to Train</u>	<u>Sport</u>
Mon	2 hours	S, B, R, W
Tuesday	1 hour	Run only
Wed.	4 hours	S, B, R, W
Thurs.	0 hours	
Fri.	1 hour	S only
Sat	all day	everything
Sun	all day	everything

Training schedule will be up on [www.trainingpeaks.com](http://www.trainingpeaks.com) no later than sun evening for the up coming week. Please select a username and password for the site.

*Username:*

*Password:*