

Sports Performance Coaching Intake Form

Name:

Guardian Name (If participant is under 18):

Address:

Date of Birth:

Phone Number (Include Guardian's if participant is under 18):

Email (Include Guardian's if participant s under 18):

How did you hear about The Process?

Profession:

How did you become interested in running?

What excites you about running?

What concerns do you have about running?

Years running:

Distance/Race history:

History of problems with training, running, injuries, etc:

Goals:

What are you interested in gaining from our time together?