

CURRENT FITNESS LEVEL INFORMATION

1. What is your waking pulse? _____ beats per minute

1a. Is this high or low for you? High Low Unsure

2. Circle what you feel is your current fitness level compared to your highest fitness level in the past five years. (1 = high, 5 = low)

1 2 3 4 5

3. Describe your current training week. If you keep a training log, include a copy of last week:

4. Is this more less the same as a normal training week for you?

5. Describe your longest single workout in the last three weeks: _____

6. How many hours per week do you spend training now? _____

7. Please list exactly when and how much time you have available for training?

Mon _____ Tue _____ Wed _____ Thur _____

Fri _____ Sat _____ Sun _____

8. How many days per week do you take off from training? _____

8a. Ideally, how many days would you like off? _____ Which day(s)? _____

9. Are you currently recovering from any injury or illness? Explain: _____
