



Athlete intake questionnaire

Date:

General Information	
Athlete Name	
How did you find out about Yanasi Endurance?	
Biometric Info	
Height	
Weight	
Goals (if body composition changes are desired)	
Current fitness level	
Number of years running	
Weekly running mileage (3 month average)	
Hours per week spent running weekly? (3 month average)	
Weekly cycling mileage? (3 month average)	
Hours per week spent cycling per week? (3 month average)	
Weekly swimming yardage? (3 month average)	
Hours per week spent swimming per week? (3 month average)	
Currently strength training? / Hours per week	
Weekly cross training time?	
Race History	
Distances run / FTK attempts	
Personal best set	
Current goals	
Timeline for reaching current goals	
Previous issues racing?	
Coaching / Training History	
Have you ever worked with a coach?	
Previous training issues or concerns?	
What are your expectations of a coach	
How do you want to be communicated with	
Have you ever done "speed" workouts	
Available time per week to devote to training	
How do you track your runs, rides and swims	
Current Diet	
Number of meals per day	
Water intake per day	
Biggest challenges for you in healthy fueling?	
Are you looking to make changes to your diet?	
Any specific diets followed?	
Training / race nutrition experience	
On run nutrition	
On run hydration	
Electrolyte usage	
Injury History - List all that apply	