



PERSONAL PROFILE INFORMATION

Mile High Multisport, LLC

This information is designed for me to get to know you better. Thank you.

Name _____ Age _____ D.O.B. _____

Spouses name _____

Children: _____ Age _____ Age _____

_____ Age _____ Age _____

Address _____

Home Phone () _____ - _____

City _____

Cell Phone () _____ - _____

Zip Code _____

Work Phone () _____ - _____

E-Mail address _____

What do you do for a living? _____

Why do you race Triathlons? How long have you been racing?

Why are you interested in hiring a coach?

Do you have a special diet? If so what is it? _____

What is your current weight? _____ What was your weight 6months/1 year ago? _____ / _____

What is your past athletic background?

Do you have restrictions on when you can work out? (i.e. I work the night shift, I work from 5-10 then have a 4 hour break and work again from 6-8.) This is critical in helping us set up your schedule.

How many hours can you dedicate to training each week? (Think about this before you reply. Be realistic. Keep in mind the 3 disciplines plus strength training). Add any comments that would impact how many hours you can train i.e. work travel, children activities etc.
