



Athlete Questionnaire Template

Field	Athlete Response
Athlete Name	
Date	
Sport / Position	
Age / Sex	
Training Age (years of experience)	
Weekly Availability (days & hours)	
Short-Term Goals (next 4–6 weeks)	
Long-Term Goals (season/annual)	
Current Performance Benchmarks (e.g. 1-RM squat, 5 km time, vertical jump)	
Previous Injuries / Medical Concerns	
Preferred Training Modalities (e.g. free weights, circuits, pool work)	
Time-of-Day Preference (morning / afternoon / evening)	
Motivation & Potential Barriers	
Other Notes (e.g. travel schedule, equipment access)	