



**Gav Godkin**  
**Fully Accredited Coach**

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### ALL ABOUT YOU

|                         |                      |   |                      |
|-------------------------|----------------------|---|----------------------|
| Name                    | <input type="text"/> | Date of Birth                                   | <input type="text"/> |
| Mobile Number           | <input type="text"/> | Email   | <input type="text"/> |
| Number of years running | <input type="text"/> | Number of <b>times</b> you run per week         | <input type="text"/> |
| Average kms per week    | <input type="text"/> | How many times would you like to train per week | <input type="text"/> |

### OTHER ACTIVITIES YOU DO

|                  |                      |                   |                                    |     |    |
|------------------|----------------------|-------------------|------------------------------------|-----|----|
| Cycle            | Swim                 | Cross Train / Gym | Do you have access to a treadmill? | yes | no |
| Current injuries | <input type="text"/> |                   |                                    |     |    |
| Past injuries    | <input type="text"/> |                   |                                    |     |    |

### CURRENT PB's

|     |                      |      |                      |      |                      |      |                      |          |                      |
|-----|----------------------|------|----------------------|------|----------------------|------|----------------------|----------|----------------------|
| 5km | <input type="text"/> | 10km | <input type="text"/> | 14km | <input type="text"/> | 21km | <input type="text"/> | Marathon | <input type="text"/> |
|-----|----------------------|------|----------------------|------|----------------------|------|----------------------|----------|----------------------|

### WHAT FITNESS APPS ARE YOU CONNECTED TO

|        |                |       |                      |
|--------|----------------|-------|----------------------|
| Strava | Garmin Connect | Other | <input type="text"/> |
|--------|----------------|-------|----------------------|

### FITNESS EQUIPMENT YOU HAVE ACCESS TO

|        |        |       |        |       |                      |
|--------|--------|-------|--------|-------|----------------------|
| Garmin | Suunto | Polar | Fitbit | Other | <input type="text"/> |
|--------|--------|-------|--------|-------|----------------------|

### RUNNING GOALS

Short Term (next 3 months)

Longer Term (6 - 12 months)

### OTHER COMMENTS