

RECREATIONAL ATHLETES

QUESTION

ANSWERS

CLARITY

What sporting event(s) are you most interested in? Why?

Are you interested in a training program for this sport?

How much time are you willing to commit to preparing for your sporting event?

DISRUPTORS

Do you have any limitations from participating in your sport?

Do your current sleep habits enhance or inhibit your performance?

Do your current nutrition habits enhance or inhibit your performance?

Do you spend more than two hours sitting over the course of a day?

How long have you participated in your sport?

Have you ever been injured due to sport?

MOTIVATION

Do you participate in your sport for fun, for health reasons, or to express your competitive spirit?

On a scale of 1 (not very) to 10 (very), how important is participating in your sport?

How do you believe my health coaching services can help you?

