

POWER QUESTIONNAIRE

POWER TYPE	DESCRIPTION	SCORE
Acceleration	I need or want to move more explosively or reach a higher gear	
Deceleration	I have trouble maintaining balance, going downhill or “putting on the brakes”	
Speed	I want to get <i>faster!</i>	
Agility + Plyometric	I need to be able to make cuts faster and/or reduce injury potential when changing direction at high speeds. I want to feel “springy”	
Quickness	I want to be more nimble and have better reaction times	
Power Endurance	I need to move powerfully for relatively long durations (Fighter, Wrestler, Cyclists, Dancer, Gymnasts, Obstacle Courses etc)	
Max Power	I want to maximize my power output with a given task such as jump higher, throw and faster/farther, hit harder, lift more)	

**SCORE EACH POWER TYPE AS EITHER
ZERO, LOW, MEDIUM OR HIGH
REGARDING HOW IMPORTANT IT IS TO YOU**

