**TRAINING QUESTIONAIRRE**

Please fill out as candidly and accurately as possible.

Name:

Location:

Phone:

Age:

Sex:

Height:

Weight:

Occupation:

Average hours worked per week:

Number of years you’ve been playing golf:

Current Handicap:

Lowest Handicap:

Personal best 18 hole score:

Personal best 18 hole score in individual competition (N/A if never competed):

Average rounds per month:

Average driving range sessions per month:

Average distance with driver:

Average distance with 6-iron:

Average distance with pitching wedge:

Typical ball flight with driver (i.e. slice, hook, straight, pull hook, push slice):

Typical ball flight with 6-iron:

Have you played/competed in other sports? If yes, which ones? How long ago?

Do you currently play/compete in other sports? If yes, which ones? How often?

Do you lift weights? If yes please estimate current strength figures below. Type N/A if don’t know.

Bench press: Max weight for 5 reps -

Squat: Max weight for 5 reps -

Dead lift: Max weight for 5 reps -

Overhead press: Max weight for 5 reps -

Chin ups (chin ups performed palms facing inward, shoulder width grip): Maximum # you can perform -

Do you have any strength training equipment at home? If so, describe what you have.

If you don’t have strength training equipment at home, can you go to a gym?

If you prefer to do your strength training equipment at home, and have no equipment, what is your budget? Answer N/A if not applicable.

Do you do any cardio exercise? Please describe

Do you do Yoga?

Do you regularly stretch?

Do you have any injuries or long term physical issues?

That completes this questionnaire. We’ll discuss on our coaching call.

Regards,

Scott Cole