

**RunFast Promotions**  
**RunFit™ Questionnaire**

**I. What is your running history? (Are you a beginner, recreational, or competitive runner?)**

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**II. What do you feel you need to improve on the most? (Speed, Endurance, Nutrition, Race Strategy, Motivation, Etc.)?**

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**III. What days and times of the week work best for you for either online or live sessions?**

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**IV. How many days per week are you able to run?**

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**V. What is the longest single run you have done in the last 3 weeks?**

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**VI. What is your current average mileage per week? \_\_\_\_\_**

**VII. Please list one short-term running/racing goal.**

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**VIII. Please list one long-term running/racing goal.**

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**IX. Please list your PR's (Personal Records) at any races you have done in the last 2 years.**

5k \_\_\_\_\_

**5 Miles** \_\_\_\_\_

**10K** \_\_\_\_\_

**½ Marathon** \_\_\_\_\_

**Marathon** \_\_\_\_\_

**Mile** \_\_\_\_\_

**800M** \_\_\_\_\_

**400M** \_\_\_\_\_

**200m** \_\_\_\_\_

**Other** \_\_\_\_\_

**X. Are there any past or present injuries or health conditions I should be aware of?\*** \_\_\_\_\_

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**So that Sonja may contact you please complete the contact information below. Thank you for filling out this survey. You will be contacted soon!**

**Name:** \_\_\_\_\_

**Phone Numbers:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**E-Mail:** \_\_\_\_\_