

13. **Amount of Participation:** (i.e., Running – x miles per day, Skiing – x days per year)

Daily:

Weekly:

14. **Speed for Running** (per mile):

Training:

Competition:

15. **Time of day for activity (check all that apply):** A.M. Midday P.M.

16. **Type of participant (check all that apply):** Serious Casual Weekend

Club Middle School School High School College

World Class Professional Instructor

17. **Training Method:** Hard Moderate Easy Alternate Interval Speed

18. **Surface Type (check all that apply):** Composition Track – Cinder Track – Board

Track – Street Asphalt Dirt Cross Country Grass Artificial Turf Beach Other

19. **Surfaces (check all that apply):** Hills – easy grade Hills – midgrade Hills – steep grade

Level Straight Curved Flat Banked Other

20. **Direction of run (check all that apply):** Clockwise Counterclockwise Figure 8

Down one side/back other Down one side/back same side

21. **Warm-up time:** None 5 Min. 10 Min. 15 Min. 20 Min. Longer

22. **Stretching:** **Before sport:** Yes No **After sport:** Yes No

23. **Any recent (check all that apply):** Increase in distance Increase in workouts

Increase in workout length Change in surfaces Shoe/gear changes

24. Are you a member of any athletic clubs or organizations? Yes No

If yes, please list:

25. Please let us know of anything else you feel is important for your treatment.