



***Marc Murray Elite Athletic
Training***

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Name _____

Age _____ Sport (s) _____, _____

Date ____/____/____

What are the top three fitness goals you want to achieve in the next 3 months?
(Strength, Speed, Quickness, Endurance, and Flexibility etc.)

1. _____

2. _____

3. _____

What do you feel are your athletic strengths when you compete in your sport?

1. _____

2. _____

3. _____

Do you have concerns regarding any previous injuries?
