

Using the key below circle each week day and the availability to train each day.

1 = the most time (2-4 hours available)

2 = (1-2 hours available)

3 = the least time (30-60 minutes available)

Monday =	1	2	3
Tuesday =	1	2	3
Wednesday =	1	2	3
Thursday =	1	2	3
Friday =	1	2	3
Saturday =	1	2	3
Sunday =	1	2	3

Select what types of exercise equipmet you currently have:

	Y	N
Ski Skate		
Ski Classic		
Rollerski Skate		
Rollerski Classic		
Short poles for run/hike		
SkiErg		
Concept 2		
Access to a Gym for Strength		
Balance equipment		
Road Cycle		
Mountain Bike		

Other _____