



# Questionnaire

1. On a scale between 1 (low) and 10 (high), how would you rate your child's overall current fitness level?
2. Using the 1-10 scale, how would you rate his/her swimming ability?
3. How many laps can he/she swim comfortably in a 25 yard pool?
4. Using the 1-10 scale, how would you rate his/her biking ability?
5. Using the 1-10 scale, how would you rate his/her running ability?
6. What does your child want out of their Kids' Tri Camp experience?
7. Do you have any siblings participating in Kids' Tri Camp?
8. What school does your child attend?
9. What are your child's special interests?
10. What is your child's athletic background?
11. Is there any other information you would like to share with me about your child?

Comments regarding your fitness level:

9. Does he/she have medical conditions which may affect his/her training?
  - If there are medical conditions, you must provide M4L written consent waiving his/her condition by his/her physician before training with M4L, Inc.
10. What is his/her physical fitness background? What forms of exercise does he/she currently practice?
11. What drew you to the concept of M4L?