



Questionnaire for Athlete Spotlight

Please fill out as much of this as you're able (or want to)... the only thing required is your Name and last initial.

First Name & Last Initial

Hometown

Age

Occupation

When did you first start CrossFitting?

When did you first start training at CrossFit Youngstown?

Favorite WOD

Least Favorite WOD

Tell us about your sports & fitness background.

How did you first get exposed to CrossFit? Take us back to your first WOD... what was it, and how did it feel?



What sort of changes have you seen in your body, health and fitness since starting CF? (before / after)

What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected?

Please share with us any favorite CrossFit/CrossFit Youngstown moments.

Any advice for people just getting started?

What are your hobbies, interests and/or talents outside of CrossFit?