



### 2018 Application Form

#### ***What's it all about?***

The Taupo Marathon Scholarship Programme is an amazing opportunity for you or someone you know to make a significant change in their health focus. With the goal of completing the Taupo Marathon 10km we guide you on a 10 week journey, providing you with your training programme, nutritional and lifestyle advice, regular group training sessions, and a scholarship programme Marmot exercise shirt. Not to mention, plenty of inspiration, motivation, fun and support along the way!

The programme starts with a Welcome Evening on Tuesday 29<sup>th</sup> May at 5.30pm. Training sessions will take place on Tuesday evenings starting with some light training after the first meeting, and will run up to and include the Taupo Marathon 10km event on Saturday 4 August 2018. It is expected that participants will commit to attending at least 8/10 Tuesday evening group sessions. Your coach will keep you accountable and focused as you work together towards your goals. All of our group sessions will be located in Taupo.

If you are a keen bean to make a change, then let's do this! It all starts here:

#### ***Tell us about yourself.... (Information remains confidential)***

Name:

Address:

Email:

Phone MB:

Phone Home:

Occupation:

In a typical work day, how many hours would you spend sitting (including transport)?

Age:

Date of Birth:

Emergency Contact (name and number):

Do you smoke?

Are you pregnant / planning to be?

Do you plan to complete the 10km as a walker or runner?

Have you ever participated in the Taupo Marathon before? If so, when and which category?

Describe a typical week of activity/exercise currently:

**Of the following, please choose the top three areas where you would like to see significant changes in your own health:**

- Cardio Fitness
- Weight/Size
- Strength and/or Mobility
- Work-Life Balance
- Nutrition Habits
- Sleep Habits
- Stress Levels
- Chronic Health Issue
- Smoking
- Alcohol intake

**Medical Conditions:**

Have you ever, or do you currently suffer from any of the following:

- Sports injury
- Joint or bone problems
- Back problems
- Heart problems
- High/low blood pressure
- Stroke
- High cholesterol
- Diabetes
- Family member under 55 with any of the above
- Asthma
- Epilepsy
- Arthritis
- Pregnancy in the last 6 months
- Hernia
- Dizziness or fainting
- Surgery in the last 12 months
- Any other condition that may affect your ability to train
- Are you on any medication that may affect your ability to train?

**WHAT IS YOUR OVERRIDING HEALTH AND WELLNESS GOAL FOR YOURSELF  
IN THE NEXT 12 MONTHS?**

ie. What change do you want to see in yourself by May 2019?