



## Custom Formula Questionnaire

Thank you for your interest in custom nutrition! There are a few questions I would like you to answer so I can create you a custom formula specific to your training and racing nutrition needs.

1. Name:
2. Phone number:
3. Email address:
4. Do you already have an account set up with us?
  
5. What nutrition (including salt supplements) are you currently using during training and racing?:
  - a. What are your issues with this nutrition source?:
  
6. What are your racing goals for this upcoming race season? What is considered your "big" race or event for the season, and when is it?:
  
7. What type of races do you participate in? How long does the race take you?:
  
8. Does your training activity (bike ride, run, swim, trail ride, etc.) typically last less than 3 hours, or over 3 hours?:
  
9. Age?:
  
10. Height?:
  
11. Weight?:
  
12. Body fat percentage (if known?):
  - a. If not known, are you lean? Or do you feel you need to lose a few pounds?:
  
13. Gender?:
  
14. Sweat rate? (light, medium, heavy, drenched):
  
15. Are you a salty sweater? Do you find salt rings on your clothing or feel grit on the skin after a long workout?:

16. How often do you experience muscle cramping? (never, seldom, occasionally, often, always):
17. Do you tend to swell with excess sodium?:
18. Do you have any issues with whey protein?
  - a. If yes, would you like to use soy protein instead?
19. How would you rank (1-10) your hunger during a long workout (3+ hours)?
20. Would you like orange, lemon lime, fruit punch, pink lemonade, grape, cranberry, salted caramel, chocolate, or mocha flavor?
  - a. If we create more than 1 formula, would you like them to be different flavors? If yes, please provide top 2 favorite flavor choices.
21. How would you like the strength of the flavor on a scale of 1-10 (Gatorade = 8)?
22. Would you like caffeine in your formulas?
23. Do you currently train or race with caffeine? If so, how many mg/hr?
24. Are you a coffee-drinker, or drink anything with caffeine on a regular basis?
25. Is there anything else that we should know?

Once I receive this questionnaire, I will start working on a custom nutrition formula designed specifically for you! Then I will contact you to set up a convenient time to go over it and answer any questions you may have.

**I am looking forward to working with you and helping you train and race better! Please let me know if you have any questions.**

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