



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

What is a FitStart?

A FitStart is a private session with a member of the Wellness Team. At your individual meeting, they will discuss your fitness goals and help you find an exercise routine based on your needs, interests and lifestyle. Please bring your FitStart Questionnaire to your session with the Wellness Staff with the first three questions answered. Ask the staff person about an InBody test which is included in your FitStart.

May I choose a particular staff person to do my FitStart?

You may request a person by name or mark on your form that you would prefer male or female. Please understand that the availability of staff, and the time of day you choose to come to the Y will determine who is able to assist you with your FitStart.

How and when will my appointment be set up?

The staff member that receives your FitStart form will contact you and schedule your appointment. Please allow up to two weeks for this to be set up.

After my complimentary FitStart appointment is there a way to receive more one-on-one assistance to help me reach my goals?

If you want additional one-on-one assistance, Personal Training may be the perfect fit. Ask the Wellness Center staff for more information.

FitStart Questionnaire

Name: _____

FitStart appointment date: _____

**** Please answer just the first 3 questions before your appointment and bring this with you to your FitStart appointment. ****

1. What would you like to get out of your meeting with the Wellness Staff?

2. Do you struggle to maintain a healthy lifestyle? _____

Why? _____

3. Do you tend to be hard on yourself for not doing what you think you should be doing? _____ Why? _____

4. Why do you want to make this change, and how can you make that happen?

5. What are the three best reasons to make this change?

6. How important is it on a scale of 1-10? _____

Why? _____

7. How many days per week are you going to commit to this plan? _____

8. What time of day? (in case group exercise schedule needs to be considered)?

9. Do you feel that given the importance of this change in your life that this plan is realistic? _____

10. Injuries/health issues that affect you today?

Specific Plan:
