



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITSTART

**A FitStart is a private session with a member of the Wellness Team.**

At your individual meeting, we will discuss your fitness goals and help you find an exercise routine based on your needs, interests and lifestyle.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date: \_\_\_\_\_  Male  Female  \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Email Address: \_\_\_\_\_ Preferred Phone #: \_\_\_\_\_

Preferred Method of Contact:  Email  Phone

**How do you feel when you come to the Y:**

- Right at Home       Uncomfortable
- Scared                       \_\_\_\_\_

**What are your fitness goals:**

- Muscle Building/Toning       Weight Loss
- Sports Performance           Pain Management

**Please select preferred times to meet:**

- Monday-Friday     Before 8am     8am-5pm     After 5pm
- Saturday 8am-3pm    Other optimal day/time: \_\_\_\_\_

**I prefer a trainer who is:**  Male  Female  No preference

**Any additional information you would like to share with Y staff:**

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## HELPING YOU REACH YOUR GOALS!



KELLI



JOSH



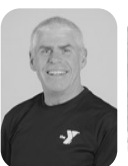
JUSTIN



ALMA (ES)



CLINT



PAT



JOANNA



GABRIELLE



SAVVY



JESSELYN



RACHEL

# Welcome Center Staff Notes to Wellness Staff:

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# FitStart Questionnaire

Please bring this questionnaire to your FitStart session with only the first three questions (on this top page) answered. Ask the staff person assisting you about the InBody test included with 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 any preference between 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.

## YMCA MEMBER: Please take this top page home with you!

WALLA WALLA YMCA 340 South Park Street, Walla Walla, WA 99362 | 509.525.8863 | [www.wwymca.org](http://www.wwymca.org)

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

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### 2. Do you struggle to maintain a healthy lifestyle? \_\_\_\_\_ Why? \_\_\_\_\_

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### 3. Do you tend to be hard on yourself for not doing what you think you should be? \_\_\_\_\_

Why? \_\_\_\_\_

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Answer these three questions only before your FitStart appointment. Please leave the following questions blank.

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

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

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**6. How important is it on a scale of 1-10? \_\_\_\_\_ Why? \_\_\_\_\_**

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

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

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

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**10. Injuries/health issues that affect you today?**

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**YOUR SPECIFIC PLAN:**

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