



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### FITSTART

A FitStart is a private session with a member of the Wellness Team, where they will hear your fitness goals, and help you find an exercise routine based on your individual needs, interests and lifestyle, that will help you meet those goals.

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

Most optimal day/time: \_\_\_\_\_

I prefer a trainer who is:  Male  Female  I have no preference

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*Spanish Speaking

## HELPING YOU REACH YOUR GOAL



KELLI



JUSTIN



ALMA\*



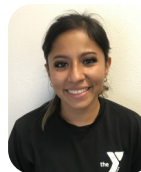
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PAT



Ping



SAVVY



TERRY



Madelyn



JOSH



TYSON

# Welcome Center Staff Notes to Wellness Staff:

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