



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Get On Your Weigh Registration Form- Spring 2012

(Note to Member Services Staff: Please place in Kasey's Box. The other 2 forms go to participant.)

Please return to the Member Services desk by February 4, 2012. The program will kick-off on Thursday, February 9 at 5:30pm!!

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

DOB _____

Gender _____

Do you currently have an exercise program? Yes / No

If yes, for how long? _____

Please list any fitness/wellness goals:

What kind of exercise/physical activities do you enjoy?

Please list any health conditions that we may need to consider when designing your exercise program.

Circle Shirt size: M, L, XL, XXL, XXXL

Circle Workout Preference: a.m. weekday, p.m. weekday, weekend

There will not be a workout on kickoff date. You will be paired with your group & coach to determine your weekly workout schedule.