



# LOSE DAT! Weight Loss Team Challenge Registration

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

The best time to meet with trainer:

- Up with the sun, 5am – 9m
- Late Morning, 9am – 1pm
- After work , 4pm – 8pm

My fitness level:

- Beginner
- Intermediate
- Advanced

My workout preference (s):

- Group exercise classes
- On my own cardio
- On my own weight training
- Other: \_\_\_\_\_

I am currently participating in the following physical activities:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best day to meet with Trainer: *(Mon – Fri)*

You will meet with your small group & trainer one day a week for your measurements & group training session, then receive your schedule for the upcoming week.

My main fitness goal (s):

- Weight Loss, # of lbs: \_\_\_\_\_
- Improved Strength
- Muscle definition
- Nutritional information
- Other \_\_\_\_\_

Best way to communicate with trainer:

- Telephone
- E-mail

My preferred "team members" are:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I was recruited to participate in this program by:

Staff member: \_\_\_\_\_

Franco's member: \_\_\_\_\_

**Staff Use Only:**

Program Payment: \$417 total \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card

\_\_\_\_\_ 3 monthly payments of \$139 on account # \_\_\_\_\_

Personal Trainer:

Day & Time of Session: