

**UCR'S GET FIT TEAM CHALLENGE
APPLICATION FORM
DUE Monday, March, 19TH, 2012 @ 4:30 PM**

NAME: _____ PHONE: _____
EMAIL: _____ AGE: _____
MALE: _____ FEMALE: _____
FULL TIME STUDENT _____ PART TIME STUDENT _____

NAME: _____ PHONE: _____
EMAIL: _____ AGE: _____
MALE: _____ FEMALE: _____
FULL TIME STUDENT _____ PART TIME STUDENT _____

ARE YOU BOTH AVAILABLE Tuesdays or Thursdays FROM 4:00 – 5:00?

Yes _____ No _____
Yes _____ No _____

HOW HAVE YOU TRIED TO LOSE WEIGHT IN THE PAST?

Person(1): _____
Person(2): _____

WHAT'S YOUR BIGGEST OBSTACLE WITH LOSING WEIGHT?

Person(1): _____
Person(2): _____

**TO SEE MAXIMUM RESULTS YOU MUST BE WILLING TO COMMIT TO A
MODERATE INTENSITY FOR THE FULL DURATION OF THE CONTEST.
IF YOU DO NOT THINK YOU CAN COMMIT TO THE FULL 8 WEEKS,
PLEASE DO NOT SUBMIT AN APPLICATION.**

Drop off your application at the Campus Health Center. While there, pick up your Personal Training form. When you go to the SRC for your personal training please don't forget to take with you your Personal Training Packet and your \$12.50.

**THE BIGGEST LOSER PROGRAM IS SPONSORED BY THE PREVENTIVE
CARE ADVOCATES & THE PREVENTIVE CARE CLINIC @ THE CAMPUS
HEALTH CENTER**