

LIFESTYLE OF VITALITY

Workout Schedule

One of the most important things that you will do during this journey is to make a schedule. Many people feel they are too busy to workout but working out should be a part of your life. Please write all of your available times. You will also be matched with a virtual partner that fits your training times. Please do not pick a time you want as it might not be available. Therefore, please right down ALL available times.

Monday

Morning Hours (6am-11am) _____

Afternoon Hours (12pm-4pm) _____

Evening Hours (5pm-8pm) _____

Tuesday

Morning Hours (6am-11am) _____

Afternoon Hours (12pm-4pm) _____

Evening Hours (5pm-8pm) _____

Wednesday

Morning Hours (6am-11am) _____

Afternoon Hours (12pm-4pm) _____

Evening Hours (5pm-8pm) _____

Thursday

Morning Hours (6am-11am) _____

Afternoon Hours (12pm-4pm) _____

Evening Hours (5pm-8pm) _____

Friday (6:00am – 4:00pm)

Morning Hours (6am-11am) _____

Afternoon Hours (12pm-4pm) _____

Evening Hours (5pm-8pm) _____

Participant Name (first, last) _____ (Print)

Participant Phone (home, cell) _____ (Print)

Email address (best) _____ (Print)

Mailing address (street, city, zip)
_____ (Print)

I give consent to receive text via cell phone: **Yes** or **No** (please circle)

Participant signature:

Date _____