NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Are you on facebook/Instagram?

2. If you’re not on social media, is text ok for your team to update you? Phone #

3. Are you unlimited or punch card? 4. How many classes do you typically attend per week? 5. Which class formats do you typically attend? 6. Do you typically attend morning/evening (or both) classes? **(This is to make the teams balanced for class attendance points and to try to have teams that attend the same classes sometimes if possible)**

**YOUR GOAL/PLAN – What is your specific goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Your plan besides planning meals? Workout target per week? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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