



FITNESS & RECREATION  
**BELMONT**  
 UNIVERSITY

**B FIT • BU**

## JUMPSTART WEIGHT MANAGEMENT PROGRAM

Name: \_\_\_\_\_ BUID #: \_\_\_\_\_

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

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

Classification:    Fr        Soph    Jr        Sr  
 Graduate Student    Faculty/Staff    Alumni

- Why do you believe you should be chosen for the Jumpstart program?
  
  
  
  
  
  
  
  
  
  
- What are specific goals you would like to accomplish by the end of the program?
  
  
  
  
  
  
  
  
  
  
- Why is fitness important to you?
  
  
  
  
  
  
  
  
  
  
- How will you cope with adopting new habits in order to create a healthier lifestyle?

### **This FREE 4 Week Program offers:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• One-on-one Personal Training 3 days/week</li> <li>• A customized workout plan</li> <li>• Before and after fitness assessments (to chart progress)</li> <li>• A nutrition session</li> </ul> | <ul style="list-style-type: none"> <li>• Diet analysis</li> </ul> <p><b>*MUST</b> be able to meet 3 days/week on Monday, Wednesday and Friday<br/> or<br/> Tuesday, Thursday and Saturday</p> |
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*There will be a mandatory meeting for all chosen participants on either **Wednesday January 18th at 10am or 5pm** in the Beaman Student Life Center. If you are chosen to participate in the Jumpstart Program, you **MUST** attend one of these meetings.*

❖ Applications are due to the Beaman info desk by  
**1/13/2012**