

# CHAMPIONING A CORPORATE HEALTH & WELLNESS CHALLENGE

SAMPLE ENROLLMENT FORM

## FITNESS CHALLENGE ENROLLMENT FORM

Use this form to gather participant info and gauge levels of interest, motivation, and overall wellness!

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

**Department:** \_\_\_\_\_

### WHAT ARE YOUR WELLNESS GOALS? (PLEASE CHECK ALL THAT APPLY.)

**Weight loss.** How much? \_\_\_\_\_ Would you like to participate in a weight loss challenge against your peers to see who can lose the highest percentage of body weight?  Yes  No

**Bad habit cessation.** Which habit? \_\_\_\_\_

### Please describe your current wellness level:

in shape  in pretty good shape  need improvement  not in shape

### How motivated are you to make healthy changes?

highly motivated  pretty motivated  participating for fun

### Are you interested in being a team captain\*?

Yes  No

### NOTES:

By participating in the challenge, you are committing to yourself and your team to perform to the best of your ability. A reasonable weekly benchmark is a minimum of 400 points (though much higher if you want your team to win!). Are you willing to make this effort?  Yes  No

\*Team captains are responsible for leading and motivating their team throughout the entire challenge. Expect to take an active leadership role and engage in regular contact with your team. Every week, captains will log all team members' points using an online tool—and must do so in a timely manner. Captains will also need to choose an alternate who can assist in their absence.