

Fitness Network - Tell Me More! - Questionnaire

Here are my interests. Here's what may work for me.

- Three steps** - 1) Complete & Return this questionnaire to list any activities you might enjoy.
2) You'll get back a list of feasible options for any chosen activities (times/groupings/levels).
3) Then you may choose & signup for any of those activity groupings & times that work for you.

Options offered will group or pair people by proficiency levels based on actual responses.
A short prayer at the start or end of each activity will be included & supported.

Name	
Phone	Email
Address	

Activities that you might enjoy (please circle any that apply):

Walking Running/Jogging Bicycling Tennis Basketball Golf
Volleyball Dancing Swimming/Lap swimming Weightlifting Spinning
Workout Aerobics Boating/Sailing/Rowing Yoga Bowling
Small prayer group/pairings Online Prayer group/pairings Other _____

Level of Fitness/Proficiency and Objective (please circle your level):

Beginner Intermediate Advanced Just curious/interested

What would you like to accomplish? _____

Name of club or gym you are in now, if any? _____

Other people who might be interested in the same activities _____

When? Times that suit your schedule best (circle any that apply – cross out any not doable)

Weekdays/Saturdays/Sundays--- Mornings/Afternoons/Evenings How often? _____

There is no guarantee of a group/match – the goal is to facilitate common interest into activities.

Comments/Questions _____

**Return form to the box in the church lobby - Fax to 895-3486 - Scan & email
or for more info – email – goodfit@att.net Or contact Stephen Hall, Karen Hill,
Roger Dutschke, Phyllis Dutschke, Becky Donovan or Lauren Becker**