

Tufts Personalized Performance Program

Name:		Date:	
Phone: ()		E-mail:	
Birthdate:		Tufts ID Number:	
Tufts Affiliation (please check):		How Did You Hear about the TP3?	
<input type="checkbox"/>	Undergraduate Student	<input type="checkbox"/>	Pre-Orientation Program (i.e. FIT)
<input type="checkbox"/>	Graduate Student	<input type="checkbox"/>	President's Marathon Challenge
<input type="checkbox"/>	Staff/Faculty	<input type="checkbox"/>	Friend or Family
<input type="checkbox"/>	Alumni	<input type="checkbox"/>	TP3 Trainer
<input type="checkbox"/>	Community Member	<input type="checkbox"/>	Other:
Please tell us why you are interested in participating in the TP3:			
<input type="checkbox"/>			
<input type="checkbox"/>			
Please record your exercise and injury history:			
<input type="checkbox"/>			
<input type="checkbox"/>			
Do you have a preference of a male or female trainer?			
Have you ever worked with a personal trainer before?			
Are you interested in training with friends?			
In general, what days/times would you like to train? (i.e. M/W/F after 3 pm)			
<input type="checkbox"/>			
Rank Your Fitness Priorities (1-3):		List Activities You Prefer when Exercising:	
<input type="checkbox"/>	Health and Feeling Better		
<input type="checkbox"/>	Athletic Performance		
<input type="checkbox"/>	Shape & Looking Good		

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What health improvements (if any) do you need? (i.e. cholesterol, etc.)			
On a Scale of 1-10, Rate:		Do You:	
	How Confident You Are		Smoke?
	How Motivated You are		Drink Alcohol?
	How Healthy You Perceive Yourself to Be		Stress Often?
Please list two commitments to which your future trainer can hold you:			
1:			
2:			
Are there any health risks, or history of such, of which we should be aware?			
Please Cite an Emergency Contact (just in case!):			
	Name:		
	Relationship to You:		
	Phone Number(s): ()		
THANK YOU FOR APPLYING WITH THE TP3!			
<i>Please e-mail this completed form to TP3@tufts.edu, or, if necessary, drop it off at the Strength & Conditioning Office located in the Gantcher Center. You will be matched up with a trainer within four weeks, often times within one or two, but please note, it make take the entirety of those four weeks.</i>			