



Fitness Evaluation Appointment Selection Form

Please read instructions carefully to complete this form.

Name _____
(please print)

Employer _____

Work Phone # _____

Email _____

In order to best accommodate your schedule, select 3 appointment options from the list below. Appointments will begin on Monday, February 28, 2005 through the opening of 311 Fitness Center this spring.

Please complete the following to ensure your appointment options are communicated accurately.

1. Select your 1st, 2nd, and 3rd choice for an appointment from below.
 - a. Select the day of the week that is better for you.
 - b. Select the time of day (early or late AM or PM)

Please select only one choice per section.

Day & Time	Early AM	Late AM	Early PM	Late PM
Example: Monday 9:30-6:00pm	X			

FIRST CHOICE

Day & Time	Early AM	Late AM	Early PM	Late PM
Monday, 9:30-6:00pm				
Tuesdays, 7:00-3:30pm				
Wednesdays, 7:00-3:30pm				
Thursdays, 9:30-6:00pm				
Fridays, 7:00-3:30pm				

SECOND CHOICE

Day & Time	Early AM	Late AM	Early PM	Late PM
Monday, 9:30-6:00pm				
Tuesdays, 7:00-3:30pm				
Wednesdays, 7:00-3:30pm				
Thursdays, 9:30-6:00pm				
Fridays, 7:00-3:30pm				

THIRD CHOICE

Day & Time	Early AM	Late AM	Early PM	Late PM
Monday, 9:30-6:00pm				
Tuesdays, 7:00-3:30pm				
Wednesdays, 7:00-3:30pm				
Thursdays, 9:30-6:00pm				
Fridays, 7:00-3:30pm				

Simply attach this form to your health history questionnaire and membership application, place in a sealed envelope for your privacy, and submit to the CB Richard Ellis Office in Suite 3850.