

# Workout Buddy Request Form

Please be as accurate as possible when completing this form. Based on your responses, you will be paired with you Workout Buddy so it is very important that we have a clear understanding of your expectations and schedule.

**Name:** (Please enter first and last name) \_\_\_\_\_

**Email:** (Please provide your Primary Email address) \_\_\_\_\_

Does Student Wellness have permission to share your email address?  Yes  No

\*\*Your email will only be shared with the Buddy you are matched with.

**Phone Number:** \_\_\_\_\_

If communication via text message or phone call is more convenient for you, please include your phone number. Your phone number will NOT be shared with your Workout Buddy, only the Workout Buddy Coordinator will contact you.

**Gender:**  Female  Male

**I would like to be paired with someone of the:**

Same gender  Different gender  Doesn't matter to me

**What is your current activity level?**

Low  Medium  High

**What is your preferred time of day to exercise?**

Early morning (prior to 9am)  Morning (between 9am – 12pm)

Lunch (12pm – 1pm)  Afternoon (1pm – 4pm)

Evening (after 4pm)  Doesn't matter to me

**What day(s) of the week are you NOT available to meet your Workout Buddy?**

Please select any days that will NOT work for you on a regular basis

Mon  Tues  Wed  Thurs  Fri  Sat  Sun

**What type of activity(ies) would you like to do with your Workout Buddy?**

Only select activities that you would be interestd in having a Buddy for. As an example, you may be interested in weight room and running activities, but you're only looking for a Buddy for the weight room.In this case, please only select weight room.

Weight Room  Walking  Running  Climbing  Mind/Body (Yoga, Pilates, etc.)

Muscular Strength & Endurance (Bootcamps, Spin, Sculpt Fitness classes, etc.)

Overall Fitness Development (Step Aerobics, Cardio Kickboxing, Zumba, etc.)

Dance  Martial Arts  Self-Defense

**Do you have any specific requests that have not been addressed in this questionnaire?**

For example, is there a specific class you would like to attend (ie. Zumba on Tuesdays at 4:45pm)?