



UNIVERSITY of VIRGINIA

The Hoo's Fit Walking Program Registration form



*(Required Fields)

Name:

*First: _____ Middle Initial: ____ *Last: _____

Gender: Male ___ Female ___

Department Name: _____

Department Physical Location: _____

*Work Phone: _____

*Email Address: _____

Employee Classification

___ Classified Staff

___ Fulltime

___ University Staff

___ Part-time

___ Faculty

___ Temporary

___ Medical Center

Age Classification

___ 20 or under

___ 41-50

___ 21-30

___ 51-60

___ 31-40

___ 61 or over

What time of day do you current or would you be interested in walking?

___ Before work

___ After work

___ Lunch time

___ Other: _____

What is your current physical activity level?

- | | |
|--|---|
| <input type="checkbox"/> Currently inactive | <input type="checkbox"/> Three days per week |
| <input type="checkbox"/> Inconsistent / varies | <input type="checkbox"/> Four days per week |
| <input type="checkbox"/> One day per week | <input type="checkbox"/> Five or more days per week |
| <input type="checkbox"/> Two days per week | |

Why are you interested in a walking program? *Please check all that apply:*

- | | |
|--|---|
| <input type="checkbox"/> Weight loss | <input type="checkbox"/> Build teamwork |
| <input type="checkbox"/> Increase energy level | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | |

Would you be interested in being a walking team coordinator for your department of building?

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

What is your weekly walking goal during the six week walking program?

During each walking session, I plan on walking:

- | | |
|---|---|
| <input type="checkbox"/> 500 steps per session (about ¼ mile) | <input type="checkbox"/> 5,000 – 6,999 steps per session |
| <input type="checkbox"/> 1,000 steps per session (about ½ mile) | <input type="checkbox"/> 7,000 – 9,999 steps per session |
| <input type="checkbox"/> 2,000 steps per session (about 1 mile) | <input type="checkbox"/> 10,000 steps per session or more |
| <input type="checkbox"/> 3,000 – 4,999 steps per session | (approximately 5 miles) |

Are you interested in an onsite Weight Watchers program? Yes No

(If so, when would be the best time for you to attend the meetings?)

- | | | |
|--------------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Before Work | <input type="checkbox"/> During Lunch | <input type="checkbox"/> After Work |
|--------------------------------------|---------------------------------------|-------------------------------------|

Where would you like the meetings to be held? *Please specify building: eg. "Stacy Hall"*

Thank you!