**Personal Training Program Inquiry 2021 with Pitt Interns**

**Contact Information: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(Please provide the necessary information so that we may contact you for your training sessions)

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gender: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fitness Goals:**

(List below a brief summary of what your particular fitness goals are, whether it is losing a few pounds, building muscle mass, or just staying fit; list what you are trying to accomplish by joining our program)

1.)

2.)

3.)

4.)

5.)

Pitt Interns:

Elias Dimitrakopoulos [ejd59@pitt.edu](mailto:ejd59@pitt.edu)

Yen-Chin (Jay) Chu [yec21@pitt.edu](mailto:yec21@pitt.edu)

Sessions are one on one in studio A. Kenner for 30 minutes 2 times a week for 10 session completed by March 19th

**Schedule and Time Preference:**

(List available times, e.g. 8 a.m. – 10 a.m.)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Mon | Tues | Wed | Thur | Fri |
| Time | 12-5 | 10-3 | 12-5 | 10-3 | 12-3 |
| Prefer |  |  |  |  |  |

*For more information:*

Pattye Stragar [pls@andrew.cmu.edu](mailto:pls@andrew.cmu.edu) Work: 412.268.1235 or Cell: 412.551.8763

You can email the form to the Pitt interns of Pattye @ pls@andrew.cmu.edu