

The F.I.T.-COMM Challenge Application

Program Overview

The **F.I.T.-COMM Challenge** is an eight-week holistic wellness and lifestyle initiative that integrates:

- Physical fitness training
- Mental health and emotional well-being support
- Nutrition education
- Comprehensive physical health assessments
- Community accountability and support

The program will take place at **The Mali Center**, located at **576 Front Avenue, St. Paul**.

The total cost of the program is **\$150**, which will be **fully reimbursed upon successful completion** of the challenge. Participants will receive **over \$4,000 worth of professional services** throughout the program. (*See additional incentives for program participants.)

Please answer the following questions honestly to help us assess readiness and commitment.

1. Financial Commitment

Considering the program cost of \$150 (fully reimbursed upon completion), would this upfront fee be a barrier to your participation?

- Yes
 - No
 - Possibly
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2. Program Commitment

The F.I.T.-COMM Challenge runs from **Saturday, April 4, 2026 through Saturday, May 30**.

Full participation includes:

- Attending **three (3) in-person workouts per week** at **The F.I.T. Lab**
- Completing **at least 90% of all scheduled workouts** over the eight-week period

Can you commit to this level of participation?

- Yes

- No
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3. Transportation

How do you plan to commute to your weekly workouts? (Select all that apply)

- Drive
 - Rideshare services (Uber, Lyft, etc.)
 - Carpool
 - Public transportation
 - Other (please specify): _____
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4. Mental Health & Nutrition Sessions

In addition to workouts, participants are expected to attend sessions facilitated by mental health professionals and a nutritionist. These sessions may be **virtual, hybrid, or in person**.

Can you commit to attending **at least 90%** of these scheduled sessions?

- Yes
 - No
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5. Scheduling Availability

Are there specific days or times during the week when you are unavailable?

If yes, please list them below:

6. Motivation for Participation

Why do you want to participate in The F.I.T.-COMM Challenge?
(*Maximum 500 words*)

7. Current Physical Activity Level

How would you describe your current level of physical activity?

- Very active
 - Moderately active
 - Occasionally active
 - Not currently active
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8. Medical Considerations

Do you have any health conditions or physical limitations that could restrict your ability to safely participate in a fitness program?

- Yes
- No

*Note: Participants must be medically cleared to participate and will be required to complete a **Physical Activity Readiness Questionnaire (PAR-Q)**.*

9. Medical Clearance

If required, would you be able to provide medical documentation confirming that you are healthy enough to participate in a regular fitness program?

- Yes
 - No
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10. Professional or Personal Reference

Please provide the **name and phone number** of one individual who can speak to your work ethic, reliability, and commitment to completing tasks:

Name: _____
Phone Number: _____

*Additional Incentives: Each participant will receive a one-year membership to The St. Paul YMCA East Side, 875 Arcade Street to support a sustainable lifestyle change.

*Two winners will be awarded \$500 stipends at the end of the challenge. Winners will be selected by the program professionals based on their level of engagement.