### COMMIT TO BE FIT (CTBF) – SUMMER DATA FORM

<table>
<thead>
<tr>
<th>Name (please print)</th>
<th>Gender</th>
<th>Date</th>
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<tr>
<th>Email Address (please print neatly)</th>
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<thead>
<tr>
<th>Birthdate &amp; Age</th>
<th>Phone #</th>
<th>Emergency Contact &amp; Phone #</th>
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<tr>
<th>Days you plan to attend each week</th>
<th>Occupation</th>
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<tr>
<td></td>
<td>Tuesday – Thursday</td>
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**Do you have diabetes?**

- [ ] YES*
- [ ] NO

*“A “yes” response will require a physician clearance prior to participating in CTBF*

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<tr>
<th>Fitness &amp; Wellness Goals</th>
<th>What type of physical activity do you like to do?</th>
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<th>Is there anything else you would like us to know about you? If so, please explain.</th>
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Which of the following best describes you?

**Personality**
- [ ] Introverted - a thinking, listening person.
- [ ] Extroverted – an outgoing, talking person.

**Energy Level**
- [ ] High energy – I’m enthusiastic!
- [ ] Quiet energy – I’m calm.

**In Groups**
- [ ] I like to be the one “on stage.”
- [ ] I like to work “behind the scenes.”

**Exercise Experience**
- [ ] Low
- [ ] Moderate
- [ ] High

**Fitness Level**
- [ ] Low
- [ ] Moderate
- [ ] High

What exercise intensity do you prefer?
- [ ] Low
- [ ] Moderate
- [ ] High

Are you interested in receiving more information about:
- Body Fat Assessment? YES NO
- Diet Analysis? YES NO
- Weight Management? YES NO

Your answers to the following questions will help us to better market the CTBF program.

1. I am a current CSUN (circle one)
   - [ ] A) Student
   - [ ] B) Staff
   - [ ] C) Faculty
   - [ ] D) Other, please specify: _____________________________

2. I work / study in the CSUN ___________________________ department (if applicable).

3. I have participated in the CSUN Faculty/Staff Fitness Program (CTBF or KIN 336/L)
   - [ ] A) Once before (semester/year): ________/_______
   - [ ] B) Twice before: (Sem./Year): ________/_______; ________/_______
   - [ ] C) More than two times: _____________________________
   - [ ] D) This is my first time: _____________________________

4. I heard about CTBF through:
   - [ ] A) CSUN Human Resources
   - [ ] B) The CSUN Institute of Community Health and Wellbeing
   - [ ] C) The CSUN Alumni Association
   - [ ] D) The CSUN Fee Waiver Program
   - [ ] E) A flyer (Where did you get the flyer? _____________________________)
   - [ ] F) Other, please specify: _____________________________