



2018 uFit Challenge Application

Please complete application, Save as PDF and email to:

ufit@urbandalenetWORK.org

You will receive a confirmation email once your application has been received.

Application period: December 15, 2017 – January 4, 2018

Electronic submissions are preferred, but if a paper application is necessary, please send to or drop off at Urbandale City Hall, addressed to:

Katie Gieszler

3600 86th Street

Urbandale, IA 50322

The uFit Challenge is a 12-week program where 15 participants work toward health and wellness goals. The program provides a membership to LifeTime Fitness and a weekly nutrition course at the Urbandale Hy-Vee. The 2018 Challenge begins January 24 and ends April 25.

Five teams of three are created to foster a sense of support, camaraderie and community. If selected to participate, there is a \$25 fee. Please answer all questions thoroughly.

1. Name:
2. Age:
3. Address:
4. This program is offered to those that live or work in Urbandale. Do you meet one of these requirements?
5. T-Shirt Size:
6. What motivated you to apply for uFit?
7. When in your life did you consider yourself most healthy and why?
8. What do you hope to get out of this program?



9. What specific health goals do you have for yourself over the 12-week challenge?

10. Which best describes your current approach to nutrition? (choose one)

I set out with intentions of eating healthy, but am often drawn to unhealthy foods
I'm conscious of what I eat and make healthy choices most of the time
I would like to eat healthy but don't know how

11. Which best describes your current approach to physical activity? (choose one)

I don't regularly work out or exercise
I make an effort to work out but it's not as often as I like
I work out or exercise regularly

12. Which describes your personal outlook on your overall health? (choose one)

I've always wanted to be healthy
Things in life have made me lose focus on my health
Recently I've become interested in changing my health habits

13. What obstacles have prevented you from achieving your health goals in the past?

14. What motivates you to improve your health?

15. The uFit Challenge requires a **minimum of 10 hours per week** (weekdays and weekends) devoted to this program between workouts/physical activity, weekly nutrition courses, and other program activities. Are you willing and able to meet this expectation?

What potential conflicts would you have (childcare, work, other commitments), and how do you plan to overcome them to participate?

16. Hy-Vee's weekly nutrition courses are scheduled for Wednesdays from 5:15-6:30PM at the Urbandale Hy-Vee. Are you able to fully commit to regular attendance?



17. The uFit Challenge calendar (view at www.urbandalenetwork.org/ufit) describes the times and dates of key events. Have you reviewed this calendar and do you expect that you can participate in the majority of events and classes?

18. The uFit Challenge kickoff events are scheduled for Wednesday, January 24th from 6-9 PM at the Urbandale Public Library and Sunday, January 28th from 2 – 4 PM at LifeTime. Are you able to attend both events?

19. How did you hear about the uFit Challenge?