

Fitness Game Plan

Member _____ Date _____

Fitness Coach _____

Detailed Fitness or Activity Goal _____

Why is this important to you? _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Coaching Tips – Observations

Nutrition

Food Choice - Portion Size - H₂O _____

Cardio **Frequency** _____ **Intensity** _____ **Duration** _____

Club Cardio: Treadmill - Elliptical - Cycle - Stepper - Row _____

Group X Classes - Running Club _____

Lap Swimming - Water Exercise _____

Outdoor Activities: Walk - Hike - Bike _____

Strength Training **Frequency** _____ **Duration** _____

Full Body Dynamic - Functional _____

Traditional: Push - Pull - Squat _____

Pilates Demo – Bootcamp Demo – Mind Body Meditation





360 Fitness Game Plan

\$99 - 4 Sessions - 60 Days

Start Date _____

Graduation Date _____

Day 1 - Fitness Basics: 60 minutes

Date _____

Cardio and Strength Training Basic Instruction

1. Health and Exercise History
2. Weight Machines: Settings, Weight, Repetitions, Sets, Rest period
3. Cardio Machines: Programs, Intensity Levels - FITT
4. Written Workout Plan
5. Fitness Handouts: Make a Plan, Resistance Training, Warm Up?, Health Tips

Week 1 - Fitness Basics: 30 minutes

Date _____

Additional Cardio and Strength Training Instruction

1. Review and Expand Workout Program
2. Nutrition Handouts: Dangerous Diet, Nutrition 101: Eating for Good Health
3. Fitness Handouts: Benefits of Cross Training

Week 2 - Fitness Game Plan: 30 minutes

Date _____

Develop a Specific Exercise Plan

1. Review Written Workout Program
2. Develop Game Plan to Set and Reach Fitness Goals
3. Nutrition Handouts: Prescription for Good Health
4. Fitness Handouts: 10 Good Reasons to Keep Exercising, Making Time

Week 6 - Advanced Fitness: 30 minutes

Date _____

Review Progress – Measure Performance

1. Intro to Free Motion and Functional Training
2. Detailed Movement Analysis and Fitness/Performance Evaluation
3. Benefits of Fitness Coaching and Customized Fitness Program Design
4. Sports Nutrition
5. Handouts: Making the Most of Personal Training

Complete the following in 60 days and earn \$100 Club Bucks!

Club Bucks are good for any NEW service in the Club and expire in 30 days.

Visit the Club minimum 18 times

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Attend All 4 Coaching Sessions Plus 4 Additional Activities Below

Get Activity Tickets at the Front Desk & Give to Instructor

Pilates Demo – Bootcamp Demo – Mind Body Meditation

Group X Classes



Class Schedules and more - www.ddaonline.com



Fitness Game Plan

\$49 - 1 Sessions - 60 Days

Start Date _____

Graduation Date _____

Fitness Game Plan: 60 minutes

Date _____

Cardio and Strength Training Basic Instruction

1. Health and Exercise History
2. Intro to Cardio and Strength Machines
3. Written Workout Plan
4. Make a Plan, Resistance Training, Do I Need to Warm Up?, Healthful Tips

14 Days Unlimited Performance Bootcamp

14 Days Unlimited Pilates

14 Day Unlimited Meditation

Complete the following in 60 days and earn \$50 Club Bucks!

Club Bucks are good for any NEW service in the Club and expire in 30 days.

Visit the Club minimum 18 times

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Attend Game Plan Session Plus 4 Additional Activities Below

Get Activity Tickets at the Front Desk & Give to Instructor

Pilates Demo – Bootcamp Demo – Mind Body Meditation

Group X Classes



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