

2010 5th Annual Face Off Registration Form

Name: _____

T-Shirt Size: Small Medium Large X-Large

To help us divide the teams evenly please answer the questions as honestly as you can.
Use a scale from 1-5 (5 - the greatest/strongest)

1. How committed are you to the Face Off program?

1 2 3 4 5

2. Rate yourself on the level of player you will be?

- 1- I will just do what I can, but probably will not partake in any of the activities that are required of me.
- 2- I have other commitments that might interfere with my level of participation, but, I plan on trying my hardest to do the things that I am able to do.
- 3- I am committed. I plan on getting here and participating as much as I can.
- 4- I plan on working really hard. I will do extra workouts when possible for points and I plan on being here as much as I can.
- 5- I will do anything to win. I plan on working out at least 5 days a week, 2 hours at a time. I want to win.

3. Please list the top 5 people you would like on your team.

1. _____
2. _____
3. _____
4. _____
5. _____

4. What health topics or fitness related issues would you like to learn about?

5. Would you prefer to be on a large team (20 + People) or a smaller team (8-10 People)?
