

Congratulations!



You are redeeming points for one of the prizes below:

I would like to redeem 20 points for:

Personal Training Session

Nutritional Assessment

Your name:

First: _____ Last: _____

Phone: _____ Email: _____

Preference of Contact: Email, or Phone (Check One)

Please complete the section below. You will be contacted, either by a personal trainer or a dietician, about your free session.

Scheduling availability for session: (Please select all that apply)

Monday:	early am (5:30-9am)	late am (9-11am)	early pm (12-6pm)	late pm (6-10pm)
Tuesday:	early am (5:30-9am)	late am (9-11am)	early pm (12-6pm)	late pm (6-10pm)
Wednesday:	early am (5:30-9am)	late am (9-11am)	early pm (12-6pm)	late pm (6-10pm)
Thursday:	early am (5:30-9am)	late am (9-11am)	early pm (12-6pm)	late pm (6-10pm)
Friday:	early am (5:30-9am)	late am (9-11am)	early pm (12-6pm)	late pm (6-9pm)
Saturday:	early am (8-10am)	late am (9-11am)	early pm (12-6pm)	late pm (6-10pm)
Sunday:	n/a	late am (11-12pm)	early pm (12-7pm)	n/a



UAB CAMPUS RECREATION CENTER

For Office Use Only									
Rec'd Date:	DAY	MONTH	YEAR	Processed Date:	DAY	MONTH	YEAR	Staff Initials	