

# Smart Start Orientation

## INFORMATION

NAME (FIRST, MIDDLE, LAST)

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DATE OF BIRTH

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ADDRESS

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CITY

STATE

ZIP

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HOME PHONE

CELL

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SIGNATURE

DATE

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PARENT OF LEGAL GUARDIAN NAME

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## WELLNESS COACH INFORMATION

COACH

DATE

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## ORIENTATION

### POLICIES

- DRESS
- AGE
- FOOD & DRINK
- STORAGE OF BELONGINGS
- CELL PHONES
- FIRST AID

### CARDIO

- 3 ELEMENTS OF EXERCISE
- MEDIA DEVICES ON CARDIO EQUIP
- CARDIO EQUIPMENT LIMIT
- WORK OUT AT YOUR OWN FITNESS LEVEL
- TREADMILL (STOP, START, EMERGENCY)
- CLEAN CARDIO EQUIPMENT

### MACHINE WEIGHTS

- WORK OUT AT YOUR OWN FITNESS LEVEL
- ALTERNATE BETWEEN SETS
- FIND STARTING WEIGHT—START LIGHT
- CLEAN EQUIPMENT WHEN FINISHED
- ADJUSTING SEATS/SET WEIGHTS
- BREATHING TECHNIQUE

### TRACK SAFETY

- KNOW THE DIFFERENCE BETWEEN MACHINE WEIGHTS AND CIRCUIT WEIGHTS
- KNOW HOW TO PROPERLY USE THE MACHINE

### DEMONSTRATION CHECKLIST

- DEMONSTRATES KNOWLEDGE OF POLICY
- DEMONSTRATES PROPER USE OF CARDIO EQUIPMENT
- DEMONSTRATES PROPER USE OF MACHINE WEIGHTS (ADJUSTING, SETTING WEIGHTS, BREATHING TECHNIQUES)

### COACHES NOTES