

We're looking for 16 people to take part in an incredible 12-week journey to improve their health, fitness and confidence.

All applications will be reviewed before 30 applicants are invited to interview.
Following interviews, 16 successful applicants will be selected (2 groups of 8).

1. PERSONAL DETAILS

Full Name: _____
Age: _____ Date of Birth: _____
Address: _____
Postcode: _____
Mobile Number: _____
Email Address: _____
Occupation: _____

2. HEALTH & FITNESS

Height: _____ Current Weight: _____

Have you exercised regularly during the last 6 months?

☐ Yes ☐ No

If yes, please tell us what you currently do.

Have you ever been a member of a gym?

☐ Yes ☐ No

If yes, where?

Have you previously worked with a Personal Trainer?

☐ Yes ☐ No

If yes, when?

Do you currently have any injuries or medical conditions?

☐ Yes ☐ No

If yes, please give details.

Are you currently awaiting any investigations or treatment?

☐ Yes ☐ No

Details:

Are you taking any medication that may affect exercise?

☐ Yes ☐ No

Details:

3. YOUR GOALS

What do you hope to achieve during the 12-week programme?

Why should you be selected?

What is your biggest challenge when it comes to health and fitness?

What would completing this programme mean to you?

4. AVAILABILITY

Which sessions could you attend?

☐ Tuesday Morning

☐ Thursday Morning

☐ Either Tuesday or Thursday Morning

(Successful applicants will be allocated to either Group A or Group B.
Session days will be confirmed before the programme begins.)

5. SOCIAL MEDIA

This programme will be documented throughout the 12 weeks.

Are you happy to:

☐ Be photographed ☐ Be filmed ☐ Take part in interviews

☐ Share your progress ☐ Feature on Total Fitness and Plymouth Citybus social media

6. COMMITMENT

I understand that if selected I am committing to:

- ☐ Attend every session unless exceptional circumstances prevent me.
- ☐ Give maximum effort throughout the programme.
- ☐ Be supportive of my teammates.
- ☐ Communicate with the coaches if unable to attend.
- ☐ Complete progress photos and assessments.
- ☐ Participate in weekly blogs, videos and social media updates.
- ☐ Use the provided Plymouth Citybus travel pass where appropriate to travel to sessions.

7. FINAL QUESTION

If you are selected, can you commit to completing the full 12-week programme? ☐ Yes ☐ No

8. DECLARATION

I confirm that the information I have provided is true and accurate.

Name: _____

Signature: _____

Date: _____

TERMS & CONDITIONS

- Applicants must be 18 years or over.
- Applicants must be physically able to participate in supervised group personal training.
- Applicants must complete this application honestly.
- Successful applicants agree to appear in photographs, videos and promotional material used by Total Fitness and Plymouth Citybus.
- Applicants agree to their progress being shared throughout the programme.
- The programme consists of 12 weeks of coached training.
- Successful applicants must attend their allocated group each week.
- Places are non-transferable, have no cash value and cannot be exchanged or gifted.
- The competition is not open to existing Total Fitness members or anyone currently receiving personal training or coaching from Total Fitness coaches.
- Winners will receive complimentary Plymouth Citybus travel for programme attendance and may be asked to demonstrate that this has been used.
- Failure to attend regularly without exceptional circumstances may result in removal from the programme and the place being offered to another participant.
- The judges' decision is final.