

# **FIT For Life On Demand Program Checklist**

Print this list and check off tasks as they are completed.

I also recommend you print out the monthly calendars and check off each task **DAILY** as they are completed. This will help keep you on track!!

## **Pre-Activity Checklist**

- Pre-Activity Screening Form**
- Fitness Assessment**
- Nutrition Assessment**
- S.M.A.R.T. Goal Form**

## **Monthly Program Completion Checklist**

- Month One Complete**
- Month Two Complete**
- Month Three Complete**
- Month Four Complete**

## **Post-Activity Program Checklist**

- Fitness Assessment**
- Nutrition Assessment**
- S.M.A.R.T. Goal Form**