VIDEO 1: POINTS for clips and captions

- General
    - Scan your card every time you come in
    - Wear gym appropriate clothes and keep your shoes on
    - Spot other people and share equipment whether you're in the cardio room or weight room
    - Wipe down all equipment that you use
    - Throw away your towels
    - Re-rack your weights
    - Clean up after yourself and put equipment back after you use it

VIDEO 2: SCRIPT

- We're really excited to work with you on a personal level to discuss how to achieve your fitness goals and how to maintain a healthy lifestyle. Here are the things to expect during your two sessions. For the first session, we'll be conducting an initial assessment that includes taking measurements and discussing how to set and achieve goals. We'll also talk about gym etiquette and give you a brief tour of the facilities. For the second session, we'll be briefly talking about how to design your own workout based on your fitness goals. Then we'll spend the majority of the time guiding you through a personalized workout.

QUIZ

- Fill in the blank: Put your weights on the bar, use the clips, complete your sets, _____
  a) walk away b) unrack your weights and wipe down your station c) unrack your weights
- Choose all that apply during Session 1
    - I will set my goals
    - I will take a tour of the facilities
    - I will learn etiquette
    - I will exercise
    - I will learn to design my own workout
    - I will learn about different modalities of training
- Choose all that apply during Session 2
    - I will set my goals
    - I will take a tour of the facilities
    - I will learn etiquette
    - I will exercise
    - I will learn to design my own workout
    - I will learn about different modalities of training

SURVEY: NEED PAVAN'S INPUT

- I feel comfortable exercising at the recreation center.
- I feel like I know what to do when I'm at the recreation center.
- I know how to follow proper etiquette and workout safely.

- I know what other fitness resources are available to me.
- PRE SURVEY
- POST SURVEY
    - How satisfied are you with your two sessions?
    - Open ended: What did you like/dislike? Do you have any suggestions? Other comments?