

Take Command! Program Application

Section 1: Personal Information

- Full Name
- Affiliation
- Gender
- Email
- Birthdate
- Phone
- Address
- How did you hear about us?

Section 2: Program Application (Your Personal Story)

- What inspires you to apply to the *Take Command!* Program? How do you think it will help you achieve your health and wellness goals?
- This program requires full participation in scheduled meetings, activities, and assignments. What steps will you take to ensure you meet these expectations?
- Personal Story Submission: What would be the most significant change you'd like to see in your life after completing this program? Submit your story in one of the following formats:
 - Video Submission Guidelines:
 - Record a 2-3 minute video sharing your story. Be honest and authentic—tell us why this program is the right fit for you and what you're most excited to achieve. Upload your video.
 - Written Response Guidelines:
 - Write a short essay (300-500) words sharing your personal story. Why is improving your health important to you at this point in your life? What do you hope to gain from this program? Upload as pdf or word doc format.

Section 3: Commitment

- Do you understand and agree to actively participate in all scheduled meetings, events, and activities as outlined in the program schedule?
 - Yes
 - No

- I understand that my full participation is **essential**—not only for my own success but for the growth and momentum of my cohort.
 - I agree
- I am fully committed to this program and have made it a priority in my life. I recognize that transformation requires consistency, effort, and engagement.
 - I agree
- Do you foresee any potential conflicts that could interfere with your full participation?
 - If yes, please explain: