

**NOMINATION FORM
MEMBER OF THE MONTH**

NOMINEE NAME: _____

DOB: _____ **PHONE:** _____

EMAIL: _____

ADDRESS: _____

HOW LONG HAVE YOU BEEN A MEMBER OF THE GYM?

WHAT MOTIVATED YOU?

WHAT WAS/IS YOUR FITNESS/HEALTH GOALS?

WHAT IS YOUR FAVORITE MOTIVATIONAL QUOTE?

HOW LONG HAVE YOU BEEN WORKING ON THIS JOURNEY?

HOW HAS THIS JOURNEY CHANGED YOUR LIFE?

ANYTHING ELSE YOU WOULD LIKE TO SHARE?

PLEASE SUBMIT BEFORE AND AFTER/CURRENT PHOTOS. IF PICKED, THIS WILL BE POSTED ON OUR SOCIAL MEDIA PAGES.

THANK YOU FOR PRIORITIZING YOUR HEALTH AND FITNESS!

The Gym Manager