



## 2018 Dutchess-Ulster BetterU Makeover Challenge Application

Presented by Central Hudson Gas & Electric Corporation

### **APPLICATION DEADLINE: Friday, June 29, 2018**

The BetterU Program begins July 16, 2018 and ends November 9, 2018.  
Contact Allison Mitura 315.728.7544 or [allison.mitura@heart.org](mailto:allison.mitura@heart.org) for more information.

Please save this form locally to your computer before you complete the application. Internet Explorer is recommended for downloading and saving this form.

Name

Employer

Street Address

City

State

Zip Code

Email Address

Phone Number

Date of Birth

Age

Height

Weight

Race

Do you smoke?

Yes

No

Have you applied for this program previously?

Yes

No

Do you have now, or have you had within last five years, any of the following medical conditions?

Heart Disease

Stroke

High Blood Pressure

Diabetes

High Cholesterol

Overweight

Obese

Physical Problems (Joint Pain, etc)

Other:

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**Will you do the following activities expected from all BetterU participants?**

Get a signed release from your primary medical provider to participate?	Yes	No
Blog at least twice a week online about your experience as you go through the BetterU Challenge?	Yes	No
Sign a photo/video release form for interviews, media, and other promotional purposes?	Yes	No
Be interviewed by media?	Yes	No

**Will you be able to:**

Are you willing to commit to the program (drs visits, weekly activities, blogging, etc)?	Yes	No
Attend the Kick-Off/Assessment on July 27, 2018 from 1-5:00pm?	Yes	No
Be available for the gym orientation the week of July 30th? Exact Date TBD	Yes	No
Attend the Go Red For Women Luncheon on November 9, 2018?	Yes	No
Be available to receive medical evaluation before and after the program?	Yes	No
Will you be able to attend healthy lifestyle seminars during work hours (approximately 4-5 one-hour seminars)?	Yes	No

**Will your employer be aware and understanding of your commitment to the BetterU program?**

- Yes
- No

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Describe your current physical/wellness activities.

Describe your current diet.

Please list previous lifestyle change/diet attempts.

Please rate your readiness to change:

	1	2	3	4	5
1=No interest in making major lifestyle changes 5=Very ready to make changes necessary to prevent or treat heart disease					

What 3 things will you hope to accomplish if chosen as a participant in the BetterU Makeover Challenge?

1.

2.

3.

Describe why you want to participate in the 2018 BetterU Makeover Challenge and why you should be chosen.