**PRE-SCREENING FORM**

**SafeStrength® Traineeship Position**

* Name:
* Address: City:
* State: Zip: Phone: (best number to reach you on)
* Primary Email: Current Occupation:
* (1) What is attractive to you about our SafeStrength® Traineeship position?
* (2) What is your goal or dream for the next three years, and how would working for Alive! Fitness Studio fit into achieving your goal or dream?
* (3) Are you available for the following Trainee Training program hours for approximately 8 weeks?
* Wednesday afternoons, 2:00 – 5:00pm
* Friday afternoons, 2:00 – 5:00
* Saturday afternoons, 2:00 – 5:00pm
* (4) Once Certified as a SafeStrength® Trainer, for which of the following *potentially* open shifts are you available?
* Afternoon Shifts:
* \_\_ Tuesday, 2:00 pm – 6:30 pm
* \_\_ Friday, 2:00 pm – 5:00 pm
* Morning Shifts:
* \_\_ Tuesday, 7:15 – 11:45 am
* \_\_ Friday, 7 – 11:30 am (This shift is mandatory)
* \_\_ Saturday, 7 – 11:30 am (This shift is mandatory)
* (5) If you are *not* available for these days/times what is your preferred availability and why?
* (6) What are four qualities you have that you think would make you a great SafeStrength® Trainer?
* 1.
* 2.
* 3.
* 4.
* (7) Tell us a bit more about yourself, especially as it relates to your values around health and fitness.
* (8) Is there any particular age group or gender you feel most comfortable working with?
* (9) What is the most important thing we should remember about you when we're making our decision?