



## Gym Planning Sheet

We are going to the gym on:  
(List Day, Date and Time.)

The name of the gym is:

The address is:

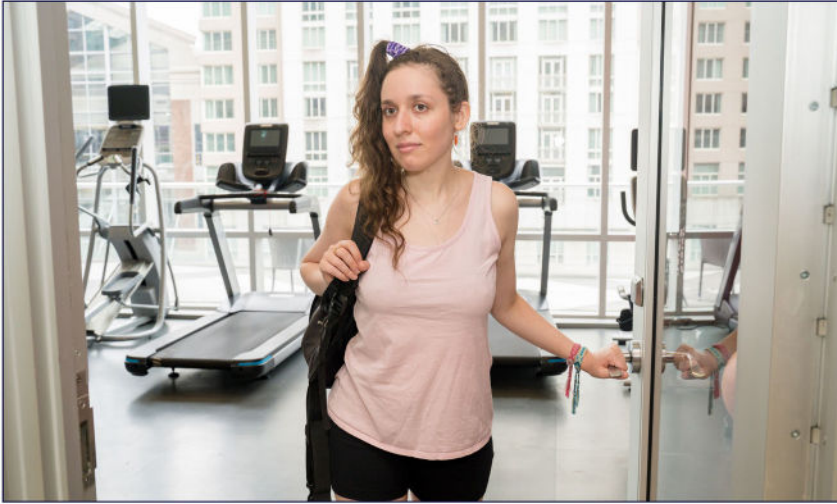
I will use the following gym equipment:

I will use the equipment for: \_\_\_\_\_ minutes

I will need to use the locker room:  Yes  No



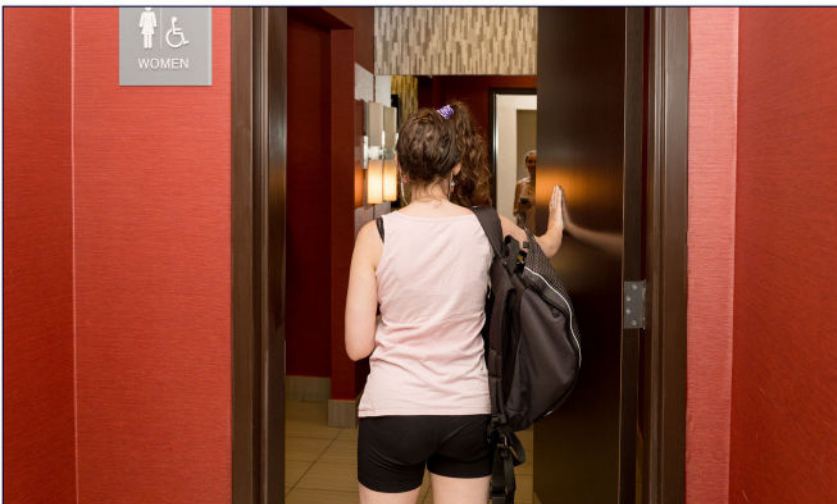
## Gym Schedule 1 / Check Box When Done



Walk in the entrance.



Check in at the front desk.



Go into locker room.



## Gym Schedule 2 / Check Box When Done



Put bag in the locker room.



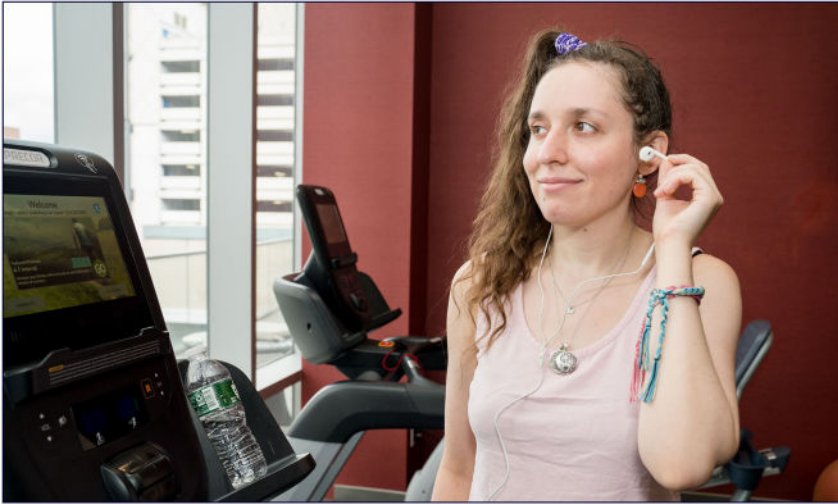
Go to selected cardio equipment.



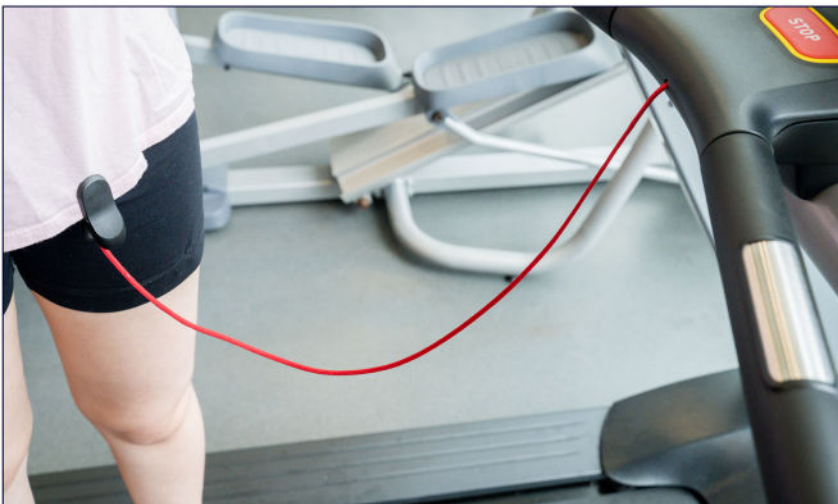
Put water and phone down on equipment.



## Gym Schedule 3 / Check Box When Done



Listen to music.



Connect to any necessary safety features on equipment.



When ready, push 'start' on workout equipment.



## Gym Schedule 4 / Check Box When Done



- Workout on equipment for desired time.



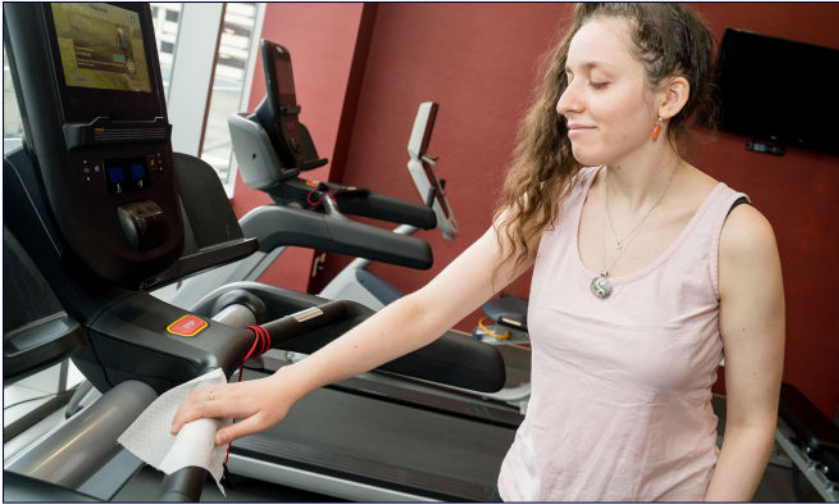
- Push stop when workout is complete.



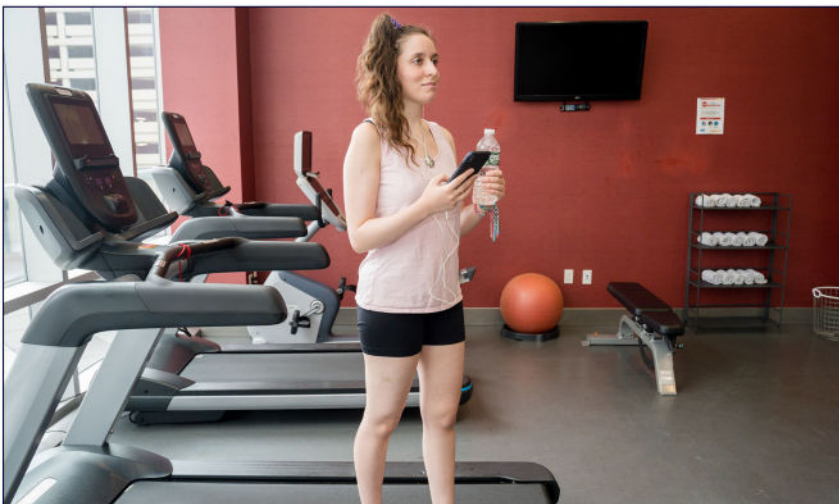
- Get wipe to clean the equipment.



## Gym Schedule 5 / Check Box When Done



Wipe down equipment.



Take phone and water off of the equipment.



Get bag from the locker room.

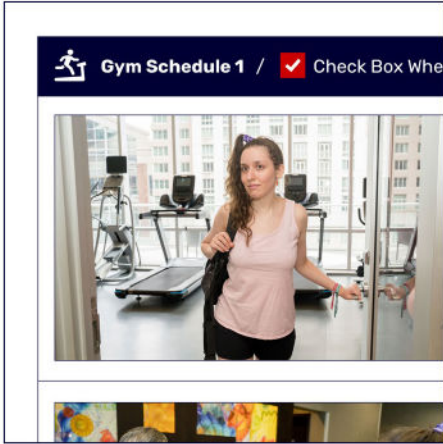


Leave the gym.

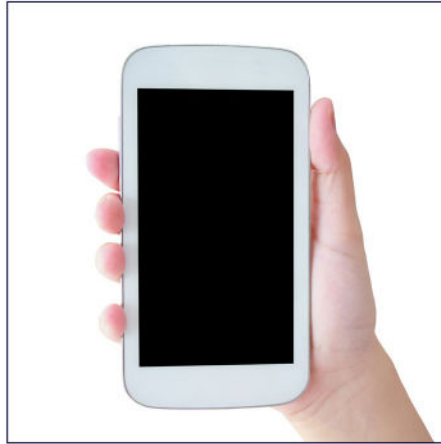
Notes:

# PACKING LIST Gym

Schedule



Phone



Wallet



Bag



Water Bottle



Membership Card



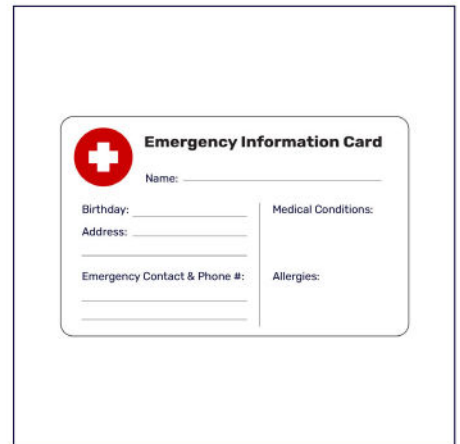
Headphones



Keys



Emergency Information Card





# RULES Gym

Attach necessary safety equipment.



Read and follow all posted signs.



Don't sit on gym equipment if you're not using it.



# IF/THEN SCENARIOS

**IF** someone is on the machine I want to use ...

**THEN** I can choose another machine  
**OR** I can take a break and check back  
in 10 minutes.



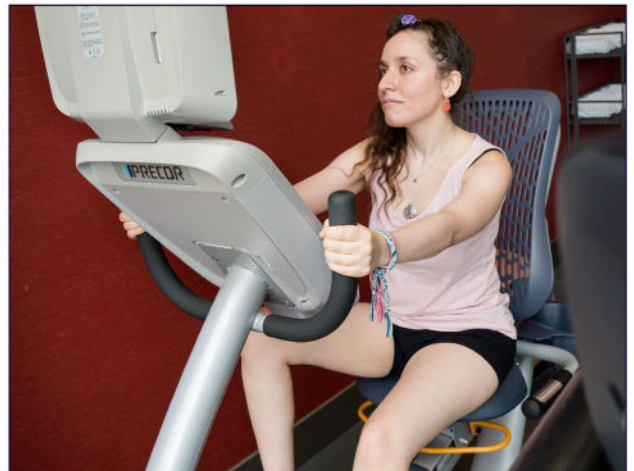
**IF** I forget my membership card ...

**THEN** I can get my wallet to show  
my ID to the front desk.



**IF** a machine breaks or isn't working ...

**THEN** tell someone at the front desk  
**OR** use another machine.



**IF** the music is too loud or I don't like the music being played ...

**THEN** go to a different room.

Put on my headphones.

