

## LIVESTRONG at the YMCA Paperwork Checklist

### Intake Process

- Intake form
- Informed Consent/Assumption of liability
- Medical clearance form (must be signed by doctor before program begins)
- LIVESTRONG follow up form
- Picture taken

### Directly after Intake

- Mail Welcome Letter

### First Day of Program

- Physical Fitness Form
- Vitality Form
- Cohen Stress Form (optional)