

<b>Name:</b>	<i><b>Call to Schedule Your Appointment</b></i>  <b>Dan Paine:</b> 406-758-2270 <a href="mailto:dpaine@logan.org">dpaine@logan.org</a>
<b>Phone:</b>	
<b>Email:</b>	
<b>Referral:</b>	

- Logan Fitness Member
- Non-Member

**Payment Options:**

- Charge Account Logan Fitness Member # \_\_\_\_\_
- Credit Card V / MC / Amex / Disc
- Cash
- Check # \_\_\_\_\_

Total Amount Paid: \$ \_\_\_\_\_

Screening forms will be provided prior to your appointment - Please carefully review and complete these forms and bring them with you to your testing appointment. **Test/Re-Test Option: Purchase the same two tests at one time and receive a 30% discount on the 2<sup>nd</sup> test!** Baseline evaluations are extremely valuable to devise or revise exercise/training programming. However what is **most beneficial** is a post-test at **3** month, **6** month, or **one year** intervals to gauge the effectiveness of exercise/training and document and help you celebrate improvements. Schedule your second test within a year w/ESSC staff.

À La Carte ESSC Services	Choose One or More of the Following Services to Target Individual Needs	Member Price	Non-Member Price
<input type="checkbox"/> <b>VO<sub>2</sub> Max/EKG</b>	Perfect way to establish a fitness baseline before starting an exercise program or charting your fitness progress using VO <sub>2</sub> Max, 12-Lead EKG, Max Heart Rate, and estimated Anaerobic Threshold.	<b>\$220</b> POS 8704	<b>\$250</b> POS 8704non
<input type="checkbox"/> <b>Lactate</b>	What is your heart rate when your body begins to transition from aerobic to anaerobic exercise? We can directly measure your Anaerobic Threshold.	<b>\$99</b> POS 8730	<b>\$120</b> POS 8730non
<input type="checkbox"/> <b>REE</b>	Do you want to know the amount of calories you burn at rest, and whether you're a sugar or a fat burner? Then a Resting Energy Expenditure is the ticket.	<b>\$70</b> POS 8702	<b>\$80</b> POS 8702non
<input type="checkbox"/> <b>Wingate</b>	If you're interested in knowing how much anaerobic power your lower body can generate, the Wingate Test is for you.	<b>\$79</b> POS 8731	<b>\$89</b> POS 8731non
<input type="checkbox"/> <b>Body Comp</b>	Use data to define your current fitness level and periodically check on your fitness progress. Learn how increasing muscle mass can increase caloric burn.	<b>\$22</b> POS 2503	<b>\$35</b> POS 2503non

ESSC Packages	Package Description	Member Price	Non-Member Price
<b>All</b> packages include an InBody Body Composition Analysis, Blood Lipid Panel, and Blood Glucose Measurement			
<input type="checkbox"/> <b>VO<sub>2</sub> Max &amp; Lactate Profile</b> <input type="checkbox"/> <b>Re-Test 30% Off</b>	How fit are you? How well does your body use oxygen? What is your <b>TRUE</b> maximal heart rate? Answers to all your training questions! <ul style="list-style-type: none"> <li>• VO<sub>2</sub> Max, 12-Lead EKG, and Maximum Heart Rate</li> <li>• Lactate Profile and Anaerobic Threshold Level</li> <li>• Personalized training program discussed during an individual consult</li> </ul>	<b>\$290</b> POS 8802	<b>\$330</b> POS 8802non
<input type="checkbox"/> <b>Anaerobic Medley</b> <input type="checkbox"/> <b>Re-Test 30% Off</b>	How strong is your sprinting ability in all forms of exercise and sport? It's all about <b>POWER!</b> How much can you generate? <ul style="list-style-type: none"> <li>• VO<sub>2</sub> Max, 12-Lead EKG, and Maximum Heart Rate</li> <li>• Lactate Profile and Anaerobic Threshold Level</li> <li>• Wingate Test of Anaerobic Power</li> <li>• Personalized training program discussed during an individual consult</li> </ul>	<b>\$360</b> POS 8803	<b>\$410</b> POS 8803non

ESSC Packages	Package Description	Member Price	Non-Member Price
<ul style="list-style-type: none"> <li>☐ <b>Fueling for Fitness</b></li> <li>☐ <b>Re-Test 30% Off</b></li> </ul>	<p><b>All</b> packages include an InBody Body Composition Analysis, Blood Lipid Panel, and Blood Glucose Measurement</p> <p>Your body is an awesome “machine”. Are you fueling it correctly? If not – <b>NO</b> amount of exercise/training will have the desired effects. Evaluate your current diet; use directly measured data to learn how to fuel your machine before, during, &amp; after exercise.</p> <ul style="list-style-type: none"> <li>• Resting Energy Expenditure</li> <li>• InBody 570 Body Composition Analysis</li> <li>• Diet Analysis, Nutrient Adequacy &amp; Consultation w/ Registered Dietitian</li> </ul>	<p><b>\$175</b></p> <p>POS 8804</p>	<p><b>\$200</b></p> <p>POS 8804non</p>
<ul style="list-style-type: none"> <li>☐ <b>Dual Sport Package</b></li> <li>☐ <b>Re-Test 30% Off</b></li> </ul>	<p>Two disciplines (cycling &amp; running); each evaluated with its own specialized test. Dual activity specific data to help the cyclist, runner, and /or multi-sport athlete <b>BE</b> their <b>BEST</b>.</p> <ul style="list-style-type: none"> <li>• VO<sub>2</sub> Max, 12-Lead EKG, and Maximum Heart Rate (2)</li> <li>• Utilizing BOTH Treadmill &amp; Cycle Ergometer</li> <li>• Lactate Profile and Anaerobic Threshold Level (2)</li> <li>• Personalized training program discussed during an individual consult</li> </ul>	<p><b>\$540</b></p> <p>POS 8805</p>	<p><b>\$620</b></p> <p>POS 8805non</p>
<ul style="list-style-type: none"> <li>☐ <b>Gait (Walking) Analysis</b></li> <li>☐ <b>Re-Test 30% Off</b></li> </ul>	<p>Gait analysis promotes proper walking/hiking form, reduces the risk of chronic joint pain, and can be a useful fall-prevention tool. Asymmetric gait patterns are identified to help an individual restore their natural form after injury or surgery.</p> <ul style="list-style-type: none"> <li>• Video-based gait analysis while walking across a floor or treadmill</li> <li>• 55 anatomical points are used to identify important gait characteristics</li> <li>• Full 3-Dimensional analysis and report</li> <li>• Personalized training recommendations during an individual consult</li> </ul>	<p><b>\$310</b></p> <p>POS 8809</p>	<p><b>\$350</b></p> <p>POS 8809non</p>
<ul style="list-style-type: none"> <li>☐ <b>Running Analysis</b></li> <li>☐ <b>Re-Test 30% Off</b></li> </ul>	<p>Do you wish to improve your running form while reducing your risk of injury?</p> <ul style="list-style-type: none"> <li>• High speed video capture of running form while on a treadmill</li> <li>• Critical running parameters identified using 35 anatomical points</li> <li>• On-line web report can be shared with coaches, friends, and training partners</li> <li>• Personalized training recommendations during an individual consult</li> </ul>	<p><b>\$310</b></p> <p>POS 8810</p>	<p><b>\$350</b></p> <p>POS 8810non</p>
<ul style="list-style-type: none"> <li>☐ <b>MBA</b> <b>Metabolic</b> <b>Biomechanics</b> <b>Analysis</b></li> <li>☐ <b>Re-Test 30% Off</b></li> </ul>	<p>Earn your <b>MBA</b> in our ESSC! Check out ALL the systems to make you enjoy running more and become a BETTER runner!</p> <ul style="list-style-type: none"> <li>• VO<sub>2</sub> Max, 12-Lead EKG, and Maximum Heart Rate</li> <li>• Lactate Profile and Anaerobic Threshold Level</li> <li>• High speed video capture of running or walking form while on a treadmill</li> <li>• Critical running parameters identified using 35 anatomical points</li> <li>• On-line web report can be shared with coaches, friends, and training partners</li> <li>• Personalized training program discussed during an individual consult</li> </ul>	<p><b>\$535</b></p> <p>POS 8811</p>	<p><b>\$610</b></p> <p>POS 8811non</p>