



CrossFit Alberton – New Member Habit Sheet to Success

Name: _____

Date: _____

- ☐ Complete your Intro
- ☐ Complete On-Ramp
- ☐ Do 3 sessions in your first week
- ☐ Do 13 sessions in your first month (earn a Box T-Shirt!)
- ☐ Book a Goal-Setting Session
- ☐ Bring a Buddy to an Intro Class or Bring-a-Buddy Class
- ☐ Do 39 classes in your first 3 months
- ☐ Send us a testimonial

*Complete this checklist, send it back to us, and receive a special gift

Signature: _____