



# Eat Fit Ambassador Application

**Name:**  
**E-Mail:**  
**Phone:**  
**Address:**

How did you learn about Eat Fit?

Tell us a bit about why you want to be a part of Eat Fit and why you are a good fit to work with the Eat Fit team:

## Scheduling:

- Dates available to intern for Eat Fit: Start // End
- Number of hours available per week:
- Available nights and weekends?
- Available for weekly staff meeting for your region? See below for staff meeting + time by region.
  - NOLA: Mondays 9am
  - BR: Tuesdays 2pm
  - Bayou: Mondays 3pm
  - Northshore: Mondays 4pm
  - Acadiana: Mondays 12n
- Any days/times you're not available?
- Do you have a car?

## Personal Stuff:

Are you comfortable interacting with people? Talking to large groups?

Are you active on social media? (We won't check.)

Any special skills or talents relevant to Eat Fit that you want us to know about?

## Background Stuff:

Education: School -- Year/Year Graduated – Major

Long-term educational + professional goals:

Are you planning to be employed during the Eat Fit internship?

- If so, where + what hours:

Previous work, volunteer, or intern experience:

Will this internship gain credit hours towards a degree?

- If so, please provide your school's requirements, including number of hours required.

### **Miscellaneous Stuff:**

Do you have a favorite Eat Fit restaurant + dish?

What's your favorite type of workout?

Outside of nutrition/health, what are you passionate about?

## **What to expect with Eat Fit Ambassador Role**

### **Eat Fit Ambassador Role Includes:**

- Outreach for new restaurants for Eat Fit
- Working with chefs/restaurants to gather recipe info
- Nutritional analysis of the recipes
- Photographing Eat Fit dishes
- Health Fairs
- Nutrition presentations at community events, schools, churches, businesses, etc.
- Assist with research + gathering props for TV segments/newspaper + magazine articles

Please Note: Much of the work is project-based, meaning you'll coordinate meetings with restaurants and conduct nutrition analysis on your own time.

Definitely not a 9 to 5 thing where you have to be on-site with us the full day.

Hours vary widely; we often have events in early morning, late evenings, and weekends.

### **References:**

Name + contact info for 1 to 2 references