

EAST VALLEY BOOTCAMP

[www.eastvalleybootcamp.com]



OFFICE INFO:

CLASS LOCATION _____

CLASS TIME _____

START MO/YR _____

NEW BOOTCAMP PARTICIPANT INFO

TODAYS DATE: _____

NAME: _____

EMAIL: _____

CELL #: _____

Address: _____

Birth Date: _____ Age: _____ Children?: _____

Emergency Contact: _____

Emergency Contact Phone #: _____ Relationship: _____

How did you find EV BOOTCAMP? (Please be as detailed as possible- list exact website, person's name, search engine, etc.)

What prompted you to join EAST VALLEY BOOTCAMP? Please check any/all that apply.

- | | | |
|--|--|--|
| <input type="checkbox"/> Start an Exercise Program | <input type="checkbox"/> Exercise Education | <input type="checkbox"/> Sports-Specific Training |
| <input type="checkbox"/> Increase Muscle Definition/Tone | <input type="checkbox"/> Nutrition/Diet Planning | <input type="checkbox"/> Advanced Exercise Program |
| <input type="checkbox"/> Increase Muscle Mass | <input type="checkbox"/> Injury Rehab | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Lose Body Fat | <input type="checkbox"/> General Fitness | Please explain: _____ |
| <input type="checkbox"/> Need Motivation & Consistency | <input type="checkbox"/> Fun & Socializing | _____ |

How can EAST VALLEY BOOTCAMP best help you achieve your fitness goals?

FITNESS HISTORY:

1) When were you in the best shape of your life? _____

2) Have you been exercising consistently for the past 12 months? YES NO - past 3 months? YES NO

3) What, if anything, is your biggest obstacle to working out consistently? _____

4) On a scale of 1-10, how would you rate your present fitness level? (1=Worst 10=Best)? _____

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2011-2012

PAR-Q

TODAYS DATE

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

For most people physical activity should not pose any problem or hazard. The Par-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. Common sense is your best guide in answering these questions. Please read them carefully and check **YES** or **NO** opposite the question if it applies to you.

If you answered **YES** to any item, **please explain your answer and give additional details.**

1. Has a doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? YES NO
2. Do you feel pain in your chest when you are physically active? YES NO
3. In the past month, have you had chest pain when you were **NOT** exercising or performing physical activity? YES NO
4. Do you lose your balance because of dizziness or do you ever lose consciousness? YES NO
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? YES NO
6. Is your doctor currently prescribing medication (for example, water pills) for your blood pressure or heart condition? YES NO
7. Are you aware of any reason you should **NOT** exercise? YES NO

If you answered **NO**

to ALL questions, it should be reasonably safe for you to begin exercising. Be sure to start slowly and progress gradually- it's the safest way to go.

If you answered **YES**

to ONE OR MORE questions, speak with your doctor before you exercise!

Print Name: _____

Signature: _____

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2011-2012

RELEASE 1

TODAYS DATE

NEW BOOTCAMP PARTICIPANT RELEASE

(page 1 of 2)

- 1.** I, _____ (please PRINT participant's name), wish to voluntarily participate in the exercise/fitness and health improvement programs offered by East Valley Fitness Bootcamp LLC. I acknowledge that fitness bootcamps and workout classes involve: intense cardiovascular exercise, running, kickboxing, high-impact plyometrics (jumping type exercises), resistance training, timed events, obstacle courses, and many other physical sports activities, and all carry risks and potential for damage and/or loss of property, serious injury and/or even death. I understand the inherent risks to participating in a program of strenuous exercise, and consequently, I have either had a complete physical examination and have been given my physician's permission to participate, or I have decided to voluntarily participate without the approval of my physician and do hereby assume all responsibility for my participation in these activities.

I expressly release, waive and forever discharge East Valley Fitness Bootcamp LLC, its owners, trainers and contractors, (Released Parties), along with the Parks & Recreation Departments and Cities/Municipalities of Chandler, Tempe, Phoenix (Ahwatukee), Scottsdale, Gilbert, and Maricopa County, and hold completely harmless and entirely free from ANY and ALL loss, damage, claim, expense, liability or obligation of any kind or nature, including without limitation attorneys' fees, whether by reason of negligence or otherwise, including without limitation any negligent failure to supervise and/or provide adequate facilities or equipment, arising from and/or related to participation in the program and from any liability and/or claim with respect to any property damage, bodily injury, personal injury, illness, or death that may result from the program, whether or not caused by the Released Parties or any other party. I assume ALL known and unknown risk by participating in this exercise program.

I have read and understand this term: _____ (initial)

- 2.** I certify that the answers to the questions posed on the PAR-Q form (previous page) are true and complete to the best of my knowledge. I acknowledge that medical clearance is required if I have answered "YES" to any of the questions on the PAR-Q form. I understand and agree that it is my responsibility to inform East Valley Fitness Bootcamp, LLC. (EVFBC) owners/trainers/staff of any new conditions or changes in my health, now and on going, which might affect my ability to exercise safely and with minimal risk of injury.

I have read and understand this term: _____ (initial)

- 3.** I understand that I am not obligated to perform nor participate in any activity that I do not wish to do, and that it is my right to refuse such participation at any time during my exercise sessions. I understand that should I feel lightheaded, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity immediately and inform EVFBC owners/trainers. I acknowledge that if there is any exercise I cannot perform, I may/should ask a EVFBC trainer for an alternate exercise to better suit my abilities.

I have read and understand this term: _____ (initial)

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2011-2012

RELEASE 2

TODAYS DATE

NEW BOOTCAMP PARTICIPANT RELEASE

(page 2 of 2)

- 4.** I understand that use of any specific supplements, products, equipment, services is done voluntarily, under my own will, and has not been prescribed, encouraged or endorsed by East Valley Fitness Bootcamp, LLC (EVFBC) owners/trainers/contractors. I understand that health/fitness related advice provided by EVFBC owners/trainers/contractors is offered solely for basic informational purposes, but is not guaranteed to produce results, whether positive or negative, nor should it be substituted for or considered medical advice.

I have read and understand this term: _____ (initial)

- 5.** I realize that the results expected of and produced by ANY exercise program are very individual and cannot be guaranteed. I understand that my progress depends on MANY factors, including, but not limited to: consistent/frequent class attendance, in addition to the effort I put forth during workouts (i.e. up to approx 5 hours/week maximum) and also upon a multitude of factors and/or circumstances existing outside of bootcamp sessions (i.e. the OTHER 23 hours per day), such as adhering to a healthy, balanced, calorie- and portion-controlled diet, obtaining adequate sleep/rest, limited/no use of alcohol, absence of major illness, disease and metabolic disorders, etc.

I have read and understand this term: _____ (initial)

- 6.** By joining EVFBC, I am making a commitment to improve my strength, endurance, flexibility, and overall health/well-being. Should I choose to quit at any time, and/or should I fail to attend class for any reason, I understand NO refunds, credits, discounts, transfers, or make-up classes and/or monthly sessions are offered. All fees are non-transferable and non-refundable for any reason-including emergencies, illness, injury, etc. This policy is non-negotiable. Further explanation of this term (#6) and policy is available on the EVFBC website (www.eastvalleybootcamp.com). I have reviewed and agree to EVFBC's no refund/credit/transfer/make-up policy stated above and online.

Online registration and payment via PayPal is preferred, however, cash and checks made payable to East Valley Fitness Bootcamp, LLC are also accepted.

I have read and understand this term: _____ (initial)

I have read this entire Release and I fully understand all terms and acknowledge that I have had the opportunity to review this Release with an attorney of my choosing, if I so desire. I recognize that this Release means I surrender, among other things, all rights to sue for injuries, damages or losses I may incur as a result of my participation in any/all programs provided by East Valley Fitness Bootcamp, LLC. I understand that this Release binds me, my heirs, executors, administrators, and legal representatives.

Print Name: _____

Signature: _____