



FITNESS CONTRACT AND LIABILITY RELEASE FORM

Please read and review carefully the following:

I have been informed of and acknowledge that participation in strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also have been informed of and acknowledge that participation in fitness activities, use of equipment and machinery and/or participation in endurance sports can be an extreme test of a person’s physical and mental limits and such training and participation poses potential risks of serious bodily injury or death, or property damage. I hereby agree to expressly assume all risks of injury and or death.

Please Initial Here _____

I agree to the following:

(Please initial statement to which you agree at the “initial” space.).

(initial)_____ has been retained to assist me in the improvement of my fitness.

(initial)_____ I hereby attest that I am in good health and suffer no condition, impairment, disease, infirmity or other illness that would prevent my participation in these activities or use of equipment or machinery. I acknowledge that I have been informed of the need for a physician’s approval for my participation in the fitness activities. I attest that my physical condition has been verified by a licensed medical doctor.

(initial)_____ In consideration of being accepted as a client, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns, or anyone else who might claim or sue on my behalf:

a) Waive, release, and discharge _____ from any claims, costs, or liabilities for personal injury, illness, death, or damages of any kind which I may have now, or at any time in the future, resulting from participation in this or any other program or from use of any equipment at various sites, including residences, provided by and/or recommended.

b) Agree not to sue any of the persons or entities mentioned above for any claims, costs, liabilities, that I have waived, release or discharged herein. c) Indemnify, defend and hold harmless the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions. I also agree to provide 24 hour notice when cancelling a session.

(initial)_____ I am retaining _____ of Transform, to coach me at a rate of \$_____ per hourly session. I understand that my financial commitment is for _____ (number of) sessions starting on the _____ of _____, 20____, to the _____ of _____, 20____.

Signature Date