

## PARTICIPANT RELEASE AND ACKNOWLEDGEMENT OF AGREEMENT

I, \_\_\_\_\_, wish to participate in a Personal Training program offered by Buff Mama Personal Training & Dawn M. Quiocho (“Buff”). I understand there are inherent risks in participating in a program of strenuous exercises. I agree that Dawn M. Quiocho and “Buff” shall not be held liable or responsible for any injuries to me resulting from my participation in the fitness program (whether at home, gym, office or recreation site). Consequently, I have been informed that I may need to be examined by the physician of my choice to obtain approval to participate in this program.

I have read and do understand this paragraph. \_\_\_\_\_ (initial)

1. I certify that the answers to the questions outlined in the Individual Profile are true and complete to the best of my knowledge. I acknowledge that medical clearance may be required if I have answered “YES” to any of the questions on the Medical Questionnaire.

I have read and do understand this paragraph. \_\_\_\_\_ (initial)

2. I understand and agree that it is my responsibility to inform my Personal Trainer of any conditions or changes in my health, now and on-going, which may affect my ability to exercise safely and with minimum risk.

I have read and do understand this paragraph. \_\_\_\_\_ (initial)

3. I understand that should I feel light-headed, faint, dizzy, or nauseated, and/or experience any pain or discomfort, that I am to stop the activity and inform my Personal Trainer.

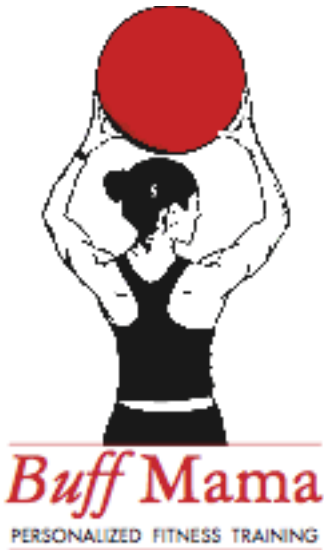
I have read and do understand this paragraph. \_\_\_\_\_ (initial)

4. I understand that I am not obliged to perform or participate in any activity that I do not wish to do, and this is my right to refuse such participation at any time during my training session.

I have read and do understand this paragraph. \_\_\_\_\_ (initial)

5. I understand that the results of any fitness program cannot be guaranteed and that my progress depends on my efforts and cooperation in and outside of the sessions.

I have read and do understand this paragraph. \_\_\_\_\_ (initial)



6. I understand that all sessions are 60 minutes and should I arrive late, there is no guarantee that I will receive the full session with my trainer.

I have read and do understand this paragraph. \_\_\_\_\_ (initial)

7. I understand that “Buff” bills its Personal Training clients on a pre-pay basis. Once my trainer and I have decided upon the number of sessions I will purchase, payment must be made before the sessions are conducted.

I have read and do understand this paragraph. \_\_\_\_\_ (initial)

8. I understand that “Buff” Personal Training programs work on a scheduled appointment basis, thus requiring that I provide at least 24 hour notice when canceling an appointment. No charges will be levied should I cancel MORE than 24 hours in advance. Should I cancel a session with LESS than 24 hours prior notification, I will be charged for that session.

I have read and do understand this paragraph. \_\_\_\_\_ (initial)

9. I understand that all Personal Training sessions are non-transferable and non-refundable. I also understand that all Personal Training sessions must be redeemed within one year of purchase if we do not agree upon another expiration date.

I have read and do understand this paragraph. \_\_\_\_\_ (initial)

I have read this Release and Terms of Agreement and I understand all of the terms. I sign it voluntarily and with knowledge of its significance.

\_\_\_\_\_  
Client Signature Date

\_\_\_\_\_  
Parent or legal guardian if under 18 Date

\_\_\_\_\_  
Buff Mama Personal Trainer Date

\_\_\_\_\_  
Witness Date