

Initial Sign Up Date \_\_\_/\_\_\_/\_\_\_ Current Camp (month/time/year) \_\_\_ / \_\_\_ / \_\_\_

# The Ultimate Boot Camp

(Monroe/Loganville/Conyers)

## FIT NIC INC

### Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: ( ) \_\_\_\_\_ or ( ) \_\_\_\_\_

Email: \_\_\_\_\_ or \_\_\_\_\_

Birth Date: \_\_\_/\_\_\_/\_\_\_ Sex: \_\_\_\_\_ Height: \_\_\_\_\_

What month(s) would you like to register for? \_\_\_\_\_

Please check here if you do NOT have an email address.

#### MONTHLY CAMP PRICES (Circle one)

2 DAYS/WEEK - \$129 (\$16.13 per session)

3DAYS/WEEK - \$169 (\$14.08 per session)

4 DAYS/WEEK - \$199 (\$12.44 per session)

WORKOUT DAYS (Please circle the days we should expect you at camp.)

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

**\*YOU MAY ALTER YOUR WORKOUT DAYS SHOULD YOUR SCHEDULE CHANGE AS LONG AS CAMP IS BEING OFFERED ON OTHER DAYS. PLEASE BE SURE TO NOTIFY YOUR INSTRUCTOR.**

#### PERSONAL GOALS

Complete the following questions/statements as they pertain to your personal goals for your physical health and well-being, and what you hope to obtain from the Ultimate Boot Camp experience. Please know that along with physical activity, it is important to maintain a well-balanced diet in order to reach your optimum health and weight loss goals.

I have decided to participate in the Ultimate Boot Camp because \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I plan to modify my daily eating habits by \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Initial Sign Up Date \_\_\_/\_\_\_/\_\_\_

Current Camp (month/time/year) \_\_\_/\_\_\_/\_\_\_

**Pre-Evaluation**

| DATE | WT | CHEST | WAIST | HIPS | RT THIGH | RT CALF | RT BICEP | BODY FAT 1 | BODY FAT 2 | AVG BODY FAT |
|------|----|-------|-------|------|----------|---------|----------|------------|------------|--------------|
|      |    |       |       |      |          |         |          |            |            |              |

**Post -Evaluation**

| DATE | WT | CHEST | WAIST | HIPS | RT THIGH | RT CALF | RT BICEP | BODY FAT 1 | BODY FAT 2 | AVG BODY FAT |
|------|----|-------|-------|------|----------|---------|----------|------------|------------|--------------|
|      |    |       |       |      |          |         |          |            |            |              |

**PERFORMANCE PLEDGE**

In order to receive optimum results from your Ultimate Boot Camp experience, the following policies must be upheld during each camp. Please read and initial each one.

- \_\_\_\_\_ I agree that I will not consume alcohol during the month of Boot Camp.
- \_\_\_\_\_ I agree not to use foul language during Boot Camp.
- \_\_\_\_\_ I agree not to eat or speak about foods that could cause me or others to be unhealthy.
- \_\_\_\_\_ I agree to show up for Boot Camp every day that I am registered.
- \_\_\_\_\_ I agree to communicate my likes and dislikes of the camp with my instructors.
- \_\_\_\_\_ I agree to attend both a pre & post evaluation by scheduling one with my instructor.
- \_\_\_\_\_ I agree to notify my instructor should I knowingly be hindered from attending camp.
- \_\_\_\_\_ I agree to arrive ON TIME for camp. (*Violation will result in 20 push-ups upon arrival.*)

**WHAT TO BRING**

- Exercise mat
- Dumbbell weights (preferably 5lbs or heavier)
- Sweat Towel
- Water bottle
- Comfortable running shoes and supportive workout clothing
- A great, “can do” spirit and attitude.

**INCENTIVES**

- Monthly email newsletter with nutrition recipes, workout tips, discount specials & more.
- Boot camp is designed to be fun and challenging. Expect an intense workout each day!
- With proper nutrition, daily exercise and adequate sleep, a person can safely lose 1-2 lbs a week, create lean muscle mass, increase energy levels and improve overall health.

By signing below, I make a promise to myself and to God to fully commit to a healthier lifestyle and to the completion of this program so that I may be better prepared to fulfill my life’s purpose.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Facilitator’s Signature

\_\_\_\_\_  
Date

**\*\*\*\*\* Come jump start the rest of your life - TODAY! \*\*\*\*\***