



**Sheila's Personal Training Boot Camp**

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

Phone: (Best Available) \_\_\_\_\_

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

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

Occupation: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Fitness

Goals: \_\_\_\_\_  
\_\_\_\_\_

Any physical limitations?  
\_\_\_\_\_  
\_\_\_\_\_

Are you interested in doing weight loss program and supplements to help get BETTER and FASTER results while doing Boot Camp? \_\_\_\_\_

**PLEASE BE SURE TO BRING WATER, A MAT, TOWEL, AND 5-8 LB. HAND WEIGHTS. DRESS COMFORTABLE INCLUDING A GOOD PAIR OF RUNNING SHOES, AND WEATHER APPROPRIATE CLOTHING. PLEASE PARK IN THE MAIN PARKING LOT OF THE HIGH SCHOOL NEAR THE FIELD HOUSE AT THE OLD PROSPER HIGH SCHOOL. TRY TO ARRIVE AT LEAST 5 MINUTES BEFORE CLASS BEGINS. IF YOU NEED TO LEAVE CLASS EARLY, PLEASE INFORM ME BEFORE WE START THE CLASS. IF YOU NEED TO MISS A CLASS FOR ANY REASON, YOU WILL NOT BE ABLE TO MAKE UP THAT SESSION. IF I CANCEL A CLASS DUE TO BAD WEATHER OR FOR PERSONAL REASONS, WE WILL MAKE THE CLASS UP, TO BE SURE ALL SESSIONS ARE MET.**

**I have read and understand the information above regarding Sheila's boot camp. I hereby authorize Sheila's Personal Training to act for me according to her best judgement in any emergency requiring medical attention. I hereby release discharge Sheila's Personal Training any and all liability or causes of actions arising out of or in connection with my participation in the boot camp.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_