



Welcome To The Fitness Forever Family!

Fitness Forever, formerly Results Now Private Training, has been in operation since 1993 and is dedicated to one primary goal: to provide clients with excellence in corrective exercise, personal training, “Power Plate” the 10 min workout, holistidified nutritional education and extreme wellness makeovers, nutritional boot camps, and plenty of social interaction in and around a health-filled environment. My passion is to improve the quality of life for all our clients and to coach them on How to Eat, Move and be Healthy. To build a business with a focus on quality with Integrity is my ultimate goal.

What to expect:

- **Quality**
Fitness Forever offers the newest concept for training in the desert, with the most progressive training equipment and methodologies. I require myself and any trainer/coach that works with me to maintain training certifications at the highest levels and standards.
- **Personal Attention**
Each and every client session is tailored to give the client the personal attention that is needed to support the client’s stated health-related goals and objectives. Clients are carefully monitored during each session to ensure that workouts and phone coaching are safe motivating and effective.
- **Atmosphere**
Not interested in working out in a fish bowl? Turned off by gyms that care more about getting bodies in the door than achieving results? Public gyms are not the answer! They are crowded, intimidating, and confusing, and most people are not getting the results they want on their own. FF offers clients a unique and private environment in which to train where results are the primary measure of our success.
- **Adventure**
In addition to the fitness and nutritional services we provide, Fitness Forever also coordinates many social activities for its clients that revolve around fitness and adventure activities, such as mini boot camps, hikes, mountain biking, annual rafting trips, rock climbing, water skiing, softball games, as well as hiking and backpacking outings.

What makes Fitness Forever’s approach different? Our unique and private environment enables us to focus on individual clients in a way that many larger facilities cannot. **No waiting for Equipment, No Crowds.** Our one-on-one approach allows us to design integrated, challenging fitness and nutritional programs which address the specific needs of you the client/patient. As a facility that does not rely on selling monthly memberships, we are driven to provide excellent customer service and motivated to assist clients in achieving results. If there is anything I can do to enhance your experience, please feel free to contact me. And remember, **it’s never too late to be what you might have been!** Here are a few thoughts I wrote for you to consider as you journey here with us.

The value of time, the success of perseverance, the pleasure of working, the dignity of simplicity, the worth of character, the power of kindness, the influence of example, the obligation of duty, the wisdom of economy, the virtue of patience, the improvement of talent, the joy of originating and the love of God...

With Deep Respect And A Commitment To Sharing The Most Powerful Resources Available... Welcome!



1. I, _____, wish to participate in one of the following: An exercise, nutritional lifestyle coaching, tele-coaching and or personal training program offered by Fitness Forever. I understand that portions of the exercise and training program may even occur outdoors at times and that physical touching is used to correctly position my body for correct movement and form. I understand there are inherent risks in participating in a program or strenuous exercise. I understand there are inherent risks in participating in exercise outdoors. I am aware of my responsibility to consult with my personal physician regarding my medical fitness level to engage in strenuous exercise and a nutritional support program. I do hereby intend to be legally bound for myself and waive release of any and all rights and claims for damages I may have against the participating training facility and the fitness trainer for any and all injuries while following the training and/or nutritional program provided to me. I agree that Fitness Forever Inc. shall not be liable or responsible for any injuries to me resulting from my participation in the fitness or nutritional program (whether at home, or a health club, or corporate, commercial, residential or other fitness facility or outdoors); and I expressly release Fitness Forever., it's owners, employees, agents and /or assigns, from all claims, actions, judgments and the like which I or my heirs, executors, administrators or assigns may have or claim to have as a result of any injury or other damage which may occur in connection with my participation in the fitness program, excepting only an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns.

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

2. I certify that the answers to the questions outlined on the PAR-Q form are true and complete to the best of my knowledge. I acknowledge that medical clearance is recommended if I have answered "Yes" to any of the questions on the PAR-Q form.

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

3. I understand and agree that it is my responsibility to inform my trainer or life coach of any 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)

4. I understand that should I feel light-headed, faint, dizzy, nauseated, or experience pain that I am to stop the activity and inform my trainer/coach.

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

5. I understand that I am not obligated to 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 training sessions.

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

6. I understand that the results of any fitness and lifestyle coaching program cannot be guaranteed and that my progress depends on my effort and cooperation in and outside of the sessions.

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

7. I understand that all sessions are either 30, 45 or minutes or -75 minutes and should I arrive late or call in late, there is no guarantee I will receive the full session with my trainer or coach.

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



8. I understand that FITNESS FOREVER bills its clients on a pre-pay basis. Once my trainer/coach and I have decided upon the number of sessions I will purchase, payment must be made before the sessions are conducted, unless prior arrangements have been made and documented.

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

9. I understand that the FITNESS FOREVER personal training program works on a scheduled appointment basis and thus, requires that I provide **24 hours notice when canceling an appointment**. No charge will be levied should I cancel with MORE than 24 hours notice given. Emergencies, which would be Life/Death is the exception. We deeply regret having to do this but we have lost too much money in cancellations and not being able to fill those time slots with new assessments or perhaps another training session. I have read and understand this term: _____(initial)

10. I understand that all personal training, nutritional. boot camps and lifestyle coaching sessions are **non-transferable and non-refundable**. I also understand that all personal training and coaching sessions must be redeemed within the time allotted. I have read and understand this term: _____(initial)

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

CLIENTS SIGNATURE _____ DATE _____

TRAINER/COACH SIGNATURE _____ DATE _____

if you have already given us your personal info via our web-scheduler on our website and have a username and password skip the personal info part of this page. It is advised you do so on our site under the contact us page by clicking on the web scheduler icon.

Name _____ Date _____

Address _____ Date of Birth _____ Age: _____

City _____ State _____ Zip _____ Cell# _____ Work# _____

Occupation: _____ E-mail Address: _____

Male _____ Female _____ Height: _____ Weight: _____

Physician's Name: _____ Physician's Number: _____

Emergency Contact / Relationship: _____ Phone/Fax Number: _____

How did you hear about us? _____

I am signing up for: (please circle all that apply) Power Plate: Personal Training: Group Training:

Nutritional Boot Camps / Lifestyle Coaching: Urban Workout: Online Training:



Physical Readiness Questionnaire (PAR-Q)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

1. Has your 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 do physical activity?
YES NO
3. In the past month, have you had chest pain when you were not doing 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 drugs for your blood pressure or heart condition?
YES NO
7. Do you know of any other reason why you should not do physical activity?
YES NO

If you answered YES to one or more questions, talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES. You may be able to do any activity you want as long as you start slowly and build up gradually. Or you may need to restrict your activities to those that are safe for you. Talk to your doctor and follow his/her advice.

If you answered NO honestly to all the PAR-Q questions, you can be reasonably sure that you can start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.

Please note: If your health changes such that you could then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Print Name: _____ Signature: _____ Date _____

Signature of Parent, Witness or Guardian (for participants under the age of 18) _____ Date _____



Coaching Agreement:

Please take time to read this agreement so that you can get the most of our relationship. These items form part of our patient/client/coaching agreement. This document is intended to have legal significance.

Please read the agreement thoroughly, complete the agreement sections and send or fax back to us.

Nutrition, Exercise and Lifestyle Coaching Sessions

All nutritional clients are required to complete two or three weeks of pre-testing which include a complete inventory of your metabolic fingerprint and individual lifestyle habits. After thorough review we will set up time to discuss your results either in person or on the phone. This session will last anywhere from 2.5-4 hours and will address each principle of wellness with focus on areas that are specific to your individual needs. In addition, if you are enrolled in our six week boot camp we will meet for 45 minute sessions for the next 2 weeks and one 40 minute session for the last four weeks. If you find it difficult to do the two sessions in the first weeks we will schedule you for one 40 minute session per week for the entirety of your six weeks. Personal training, corrective exercise and phone coaching are available in packages, if you are interested in extending your nutritional and lifestyle sessions for additional coaching, you may do so. **Your support on time is appreciated.**

Client Bonuses

Extra Time: We are available. You may call your coach between your session time if you need coaching on an issue or have a question, or, you just want to share something amazing. We do have time between our regular sessions to speak with you but do ask that you keep any extra calls brief.

E-Coaching: Feel free to e-mail your coach or trainer during the week either to share a thought, have them review something, or request their expertise on a particular question or issue. Remember, we are **your** private coach and trainer and are here to guide you with suggestions; it is up to you how much you use our techniques and skills to reach your goals.

Friends: If you have a friend, colleague or family member who has individual fitness, health, nutrition and lifestyle questions we would love to offer them a "comp session" and answer any questions they may have on a particular or related issue. It is our duty as corrective exercise specialists, nutrition and lifestyle coaches to educate others toward positive lifestyle changes.

Free Time... See Referrals'



Tele- Coaching, Personal Training Weekly Fieldwork Appraisal Forms

This will help you get **DOUBLE** the value from your sessions with me/us. It will take 5- 30 minutes each week for you to reflect on what you have accomplished. What is yet to be done, and **HOW** you will use us in the upcoming session. Please fill this in before **EVERY** session, and e-mail it to us no **LATER THAN 24 HOURS before your session.**

If your form/email arrives on time, I will read the notes before our sessions. If it comes late, it will still be valuable for you however; I will not read it before our session. If you haven't done your form or fieldwork at all, I will ask you to either hang up, or call me in five minutes after filling out the form. If you are visiting our studio offices the same applies. These forms will need to be reviewed prior to your session as to not waste your time or ours. These forms provide valuable awareness of where you are heading and what you have accomplished.

Fieldwork

I/we will ask you to identify what you will accomplish between one session to the next. If the suggested actions are too much, say so. If you want to achieve more, just ask me/us. Remember, I/we expect you to do what you say you'll do if something comes up, you agree to renegotiate with me/us rather than get to the next session with items not completed. From time to time, I/we will also make some direct requests, such as "will you accomplish X by the end of the next week?" Please feel free to accept, counter offer or decline realizing that declining is undermining exactly why you hired us in the first place.

Referrals

We love them! **A referral coming from you feels Like an acknowledgement that We am doing a great job , and is much more rewarding than a client from the internet or yellow page ad!** If you know someone who could use a Nutritional and Holistic Lifestyle Coach or an expert personal trainer, simply refer him or her to us at www.myfintess4ever.com to request some private time with me or one of our team, please have them mention your name. For a referral who becomes a client, we offer a free week of additional coaching/training to you as a big ***thank you very much gift!***

Rescheduling Your Sessions

Please make your sessions with me/us a priority; after all, we are working on things you have said are most important to you. Sessions don't carry over to the following week, and are not cancellable. If you give me/us prior notice, I will offer you another time slot within my standard coaching and training hours in the same week --- if available. However, if you miss a session, you will be charged for the session if you need to reschedule your sessions we require 24 hours of advanced notice from you to avoid charging you. **Please call your trainer/coach directly** as this will ensure that your trainer is notified



as promptly as possible in order for them to reschedule another client or you and avoid the charges for late cancels. **Exceptions are Life and Death Emergencies ONLY.** _____initial.

Billing

Billing is by credit card and must be paid in advance unless we make arrangements with you. We accept Visa, MasterCard, and American Express. We will accept checks from clients only if they pay for the whole series of sessions up front. Payment for packages is available for clients to purchase training and coaching for an extended periods of time. The more sessions purchased the more economical the sessions become. We will make every effort at keeping track of your session's through our system but we suggest you take an active role in monitoring and inquiring about the status of your account. Now in order to keep the cost of Fitness Forever excellent training affordable, we will require that clients keep their credit card authorization on file with us that allow us to charge your cards once you become 3 or more sessions behind in your coaching or training. While we don't expect to use these authorizations often, it is imperative that, should clients forget to bring in payments to the studio over several visits, we can use the authorizations to collect enough sessions to bring you the clients current and be able to pay your trainer as well, *(As it is more costly for us to administer your credit authorization on file versus swiping the physical card through our machine).* **We will add a \$10 Dollar Fee to the cost of the sessions each time we must use your authorizations to bring you current on your sessions. We will contact you to discuss the package which you would like so you can maximize the discount and your training here with us at Fitness Forever.** _____(Initial)

Clients who do not keep and updated credit authorization on file **will be charged the single session rate for session for which they are behind.** Clients who routinely pay cash will receive a phone call from us that their package is about to run out so they can bring payment into the studio as soon as they can. **THEREFORE, we strongly recommend** clients be aware of their training and coaching packages and when they are going to expire so you can bring in payment as soon as possible. _____(Initial)

*We also encourage PT exercise clients who have a cardio membership to keep a credit card on file with us. Monthly memberships' will be billed on quarterly basis of (\$99) during the first week of the month beginning the quarter. _____(Initial)

Termination of Agreement and Non Refundability

You may terminate the agreement at the end of any series and or billing cycle. Coaching/training goes for as long as you getting great value for your money. If you are not, we need to change something, or we stop!

Please note your investment in yourself and coaching from us represents a commitment to training/coaching and to your goals. As such, your initial investment or if you are on continuing monthly coaching is non-refundable. This is particularly true where the refund request is based on priorities changing or a lack of available time for your goals.



In addition, you agree that I/we (Fitness Forever) have the right to terminate the relationship at any time if on more than one occasion you fail to be on time for your coaching and training sessions, fail to complete your promised actions and fieldwork, or are late in keeping your account current.

Liability and Responsibility

At Fitness Forever we work on the basis that **you are fully responsible for you own life and decisions.** I/we will offer suggestions, options, and coaching as well as ideas and protocol that you might think about following based on our professional experience, and I/we will work with you to identify solutions to your health, wellness and fitness problems, but any decision about a course of action is really yours, and you accept full responsibility for such decisions. You should carefully evaluate the consequences of various options, and decide accordingly. Neither I nor my team make representation, or warranty to you that any of the coaching and training session methods, Sessions, or activities will work for your particular circumstances and in no-way guarantee any results

YOU acknowledge that the sessions may be personally, emotionally, mentally and physically challenging including, but not limited to frustration, annoyance, stress, soreness ect. _____(initial)

Policies, Procedures and Probationary Period

Fitness Forever designed its *Client Policies* and *Procedures* to ensure a more enjoyable training and coaching experience. By training in our Studio or over the internet and telephone, you acknowledge receipt of and agree to observe these rules... **Please familiarize yourself** with the Policies and Procedures in effect at the time you train. **We also monitor all new clients on a 30 Day Probationary Period.** If you are not following the set nutritional and exercise guidelines you may be asked to come back when you are 100% committed. We want you to Succeed! **I have read and understand this** _____ (initial)

Use of Facilities

We are committed to a personal and pleasant training environment for all of our clients and we appreciate your observation of the “rules of training etiquette” to ensure a safe and more enjoyable environment in which to train. When using the facility, the training rooms are to be used on a by appointment only basis under the supervision of your trainer. Cardio members may use the cardio equipment at any time the studio is generally open for operation, training only clients may use the cardio equipment on a limited basis of 20 minutes in order to warm up and cool down from their sessions. **IN no event may clients enter the training rooms and use any equipment without the supervision of their trainer,** as during a normal session. **We also love your kids; it is our STRONG recommendation that you do not bring them with you to the studio. Help us keep your r kids safe we are focusing on you and only you!** _____(Initial)



THIS PARAGRAPH IS FOR PERSONAL TRAINING CLIENTS ONLY: Your first session and total body assessment. *You will need to bring water and a towel, Along with non marking tennis shoes and comfortable attire. **We are not responsible for lost or left behind articles.**

Use of Independent Contractors

If I'm not training and or coaching you myself, trainers and coaches are generally Independent Contractors to Fitness Forever, not employees. As such, Fitness Forever provides various administrative services for the benefit of the trainer and their clients, such as payment collection and tracking of client account status, in addition to facility maintenance and upkeep. Clients should keep their trainers/coaches aware of all concerns that they may have when training at or with Fitness Forever trainer or coach. Please feel free to address any of your concerns directly to Ingo at 760 200 4920 _____(Initial)

FAX or Email Back ASAP 760.200.4920

Would you do me a favor? Make sure you have read and understood everything here and we look forward to motivating you to another level of mental, spiritual, physical and emotional fitness.

Thank you again for taking the time to really read through and understand our "Coaching Agreement"

Wishing you eternal and abundant good health,

Ingo G. Logé and the Fitness Forever Team