

PRINTED REGISTRATION FORM

1. Print this form; fill in your information clearly and completely, and sign the release.
2. Choose camp(date, time, loc.) and payment options.
3. Choose the method to return your forms:

By Mail: Atlanta Adventure Boot Camp, LLC
P.O. Box 1972
Tucker, GA 30085 **By Fax:** (770) 666-3729

I am signing up for camp # _____ beginning on: _____ @ _____ AM _____ PM

My Full name is: _____ Date of birth ____ / ____ / ____

Address: _____
Street City State/Zip

Home Phone: _____ Cell Phone: _____

Job Title: _____ Work Phone: _____

Primary Email: _____

Emergency Contact Name: _____ Phone #: _____

I rate my current fitness level as a _____ My Height is: _____ My Weight is: _____
(use scale of 1-10, 10 being highest = elite athlete) inches pounds

My fitness main goal is: _____

My fitness goal in this camp is: _____

How did you hear about our boot camp? _____
(Please be specific. Thanks!)

If by Referral please provide their name: _____

Payment Options (check one):

- Check or money order is enclosed (made out to Atlanta Adventure Boot Camp)
- I secured my spot! I paid online using Paypal (conf #)
- I paid online using PAYPAL

Attendance Options (check one):

- 5 days per week (\$299) _____
- 4 days per week (\$249) _____
- 3 days per week (\$199) _____

Office Use Only:

Amount paid: _____

Date: _____

Notes: _____

MEDICAL HISTORY QUESTIONNAIRE

All "YES" answers require a written explanation on the next page

QUESTIONS	YES	NO
1 Are you allergic to any medication (aspirin, penicillin, sulfa, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you take any prescribed medication on a permanent or semi-permanent basis?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you have a seizure disorder (epilepsy)?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you have diabetes; Type I (IDDM) or Type II (NIDM)?	<input type="checkbox"/>	<input type="checkbox"/>
5 Have you ever been found to be anemic (low blood count)?	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you have High Blood Pressure (hypertension)?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you have or have you ever had Heart Disease?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you have or have you ever had Lung Disease?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you have or have you ever had Kidney Disease?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you have or have you ever had Liver Disease?	<input type="checkbox"/>	<input type="checkbox"/>
11 Do you have or have you ever had asthma?	<input type="checkbox"/>	<input type="checkbox"/>
12 Do you have or have you ever had severe neck injury?	<input type="checkbox"/>	<input type="checkbox"/>
13 Have you ever had been knocked out?	<input type="checkbox"/>	<input type="checkbox"/>
14 Have you had a broken bone or fracture in the past 2 years?	<input type="checkbox"/>	<input type="checkbox"/>
15 Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
16 Have you ever injured your back?	<input type="checkbox"/>	<input type="checkbox"/>
17 Do you have back pain? If YES, circle the best answer below. Almost Never Seldom Occasionally Frequently with vigorous exercise or heavy lifting	<input type="checkbox"/>	<input type="checkbox"/>
18 Have you had knee pain in the past 2 years that has disabled you for longer than a week?	<input type="checkbox"/>	<input type="checkbox"/>
19 Do you have other physical conditions, which cause pain?	<input type="checkbox"/>	<input type="checkbox"/>
20 Have you had any surgical procedures?	<input type="checkbox"/>	<input type="checkbox"/>
21 Have ever had your body fat tested?	<input type="checkbox"/>	<input type="checkbox"/>
22 Are you training for a specific event?	<input type="checkbox"/>	<input type="checkbox"/>

If you are unsure about the definition of any terms in this form, please call us to clarify. Do not assume.

MEDICAL HISTORY QUESTIONNAIRE CONT'D

18. What are your goals for the next three months? _____

PLEASE EXPLAIN ALL “YES” ANSWERS BELOW. PLEASE REFERENCE THE QUESTION NUMBER.

NOTICE:

It is wise to seek your doctor’s advice BEFORE beginning any health/fitness/nutrition program!

ATLANTA ADVENTURE BOOT CAMP GUIDELINES

REGISTRATION:

1. Registration is allowed to any non-fitness industry professional who is physically able to participate in a functional-based calisthenics program without restrictions and desires to improve their fitness conditioning or overall physical performance.

For ANY concerns, comments or questions regarding your capability to join or complete our Boot Camp program, please contact us prior to submitting your payment.

2. As a condition of participation, you will be asked to sign a non-compete and non-disclosure confidentiality agreement and to confirm your acknowledgment and acceptance of these guidelines.

3. A pre-camp fitness assessment/analysis is a must for all first time campers; as well as all returning campers who have missed 3 or more camp sessions. This is to monitor your success in the program.

4. Registration form must be honestly & clearly completed to ensure that you will receive a safer and better workout in a group setting/boot camp environment.

5. If you are unsure about your ability, or have ANY other question regarding your limitation and/or participation in the program, do not assume or do not rush to submit your registration form. Please call us to clarify!!!!

6. For any health concern, please DO NOT hesitate to immediately contact your Doctors or Healthcare providers before your involvement in boot camp.

7. Campers attending less than a full session (i.e. 3 day/week option) will be required to declare their specific weekly days for camp, subject to AABC availability and approval, at their pre-camp evaluation. In most case, Monday, Wednesday and Friday will be required.

FEES and PAYMENTS TERMS

1. Fees for services are due up front (at the time services are contracted). Services will not be provided until payment is received in full.

2. Under NO circumstance will a camper be allowed to attend camp without having submitted payment.

3. Add-on packages are specially priced programs designed to run concurrent with boot camp sessions. All Campers add-on specials expire with the ending of associated camp, regardless of status.

Add-on programs are available as separate packages which are not required to coincide with your camp or other exercise program.

ATTENDANCE:

Note: AABC Camps are goal-oriented, progressively structured personal fitness programs and require a personal commitment. You have enrolled in AABC with goals and our goals are to guide you and hold you accountable to get closer and closer to them.

We will put in 130% effort and will expect 100% or more from you!

1. You MUST commit to one boot camp class (i.e. same days, same time for camp duration).

2. Due to AABC's unique schedule for camps, specific days, and limited camps sizes AABC cannot provide "make-ups" sessions. Missed days are lost! NO EXCEPTIONS! AABC does not permit, nor is obligated to offer, make-up sessions of any type. This 0-flexibility encourages you to take responsibility for your COMMITMENT to camp and your ACHIEVEMENTS!

3. Camps are non-transferable. (Campers will not be allowed to attend a different class schedule while already enrolled in another one without the approval of the instructors).

4. We request the courtesy of advance notice 24 or more hours. if you know you will miss a session. In the event of a sudden or unexpected situation, we will appreciate a call or email. It is your responsibility to contact us. AABC.

5. An absence greater than 5 sequential requires AABC Director's release for re-admission. or may be granted credit, at our discretion, for the next camp.

6. If you are unable to attend camp due to circumstances out of your control, we can offer you a refund if you notify us **prior** to your session start date. However, **we** will charge a \$60.00 cancellation fee. If we are notified after your session begins, we can only give you a credit towards another boot camp and expires 60 days from the camp you originally joined/signed up. This credit is nontransferable. There is no cash refund. This is not negotiable.

CLASS SESSIONS:

1. Videotaping, photographing, recording, documenting, communicating or relaying program particulars, in any manner, of Atlanta Adventure Boot Camp activities by you or anyone on your behalf is explicitly prohibited and specifically violates your non-disclosure agreement.

2. The use of personal electronic devices during class is not permitted at any time; i.e. Cell phones, MP3 players, iPods, pagers, cameras, etc. Out of respect to yourself, your fellow campers, and your instructors. Please be sure all devices are turned off or switched to a silence mode. Should you have a special situation one day that requires you to be on call, please speak to the class instructor to make those arrangements.

3. Any visitors to the program site must cleared through AABC Director or instructors in advance.

4. AABC is a positive support coaching environment. Any action or behavior that, in the opinion of the class lead trainer/coach, produces a negative or distracting atmosphere (foul language, use of electronic devices, derogatory comments, aggressive actions, unwillingness to follow instruction,

etc) will be ask to leave the class.

5. Once removed from class by the instructor, an individual's ability to return to class will be decided by the AABC Programming Director pending an incident investigation. No refund or credit will apply for missed sessions regardless of how many are missed.
6. Boot Camp classes are operated in areas accessible to the general public. It is each individual's responsibility to safeguard their own personal items. Make sure to conceal your items and lock your vehicle. It is our recommendation that clients leave in the car any items you value or are not necessary for your exercise program that day (i.e. purses, extra keys money, checks, cell phones, etc). AABC and its instructors can not be held liable for any lost, damaged, or stolen items while in the class.
7. Campers WILL be motivated and pushed to participate with their maximum effort. (100% or more is our recommendation).
8. At ALL time it is CRUCIAL that you stay hydrated in Boot Camp to maximize Results! (drink plenty of water when you need to) It's MANDATORY to stay ACTIVE in the entire program.
9. If by any chance you are granted credit towards another camp or individual sessions, you will then have one and only one opportunity, otherwise you will lose your credit regardless of how many day. Credit will expire 60 days from the original date of camp you signed up.

NOTE: *The more you put into it, the more you will get out of it! Our Members's Fitness Goals are our Primary Projects.*

You will be physically and mentally ready. You will be amazed at what you can do!

A Violation of any of the above Term & Condition will result in action by AABC up to... and possibly including the termination of your membership with or without warning.

AABC provides service/training to any member that abides to our terms and conditions.

AABC reserves the right to change the terms and conditions at any time.

After many years in training business, we will not accept and can immediately spot fake and or trouble campers, who're not serious about their involvement, or simply would like to join for other reason other than reaching their fitness goals. Should this occur, we will immediately remove you and cancel your membership.

Since we have established our program, we have found that campers do one of two things. Most get started and are making lots of progress, and others are careless. Both groups have been presented with the same facts & principles and have the desire to successfully obtain their fitness goals.

The difference is that the first group made the a simple decision to take action, while the second is still just as unsatisfied as they were before being introduced to our Boot Camp Program even after we put in 130% effort!

Now ask yourself, "WHICH GROUP DO I WANT TO BE A PART OF?"

Informed Consent, Waiver, and Release Agreement

This waiver and release is entered into between the undersigned and Atlanta Adventure Boot Camp, LLC, its instructors, officers, affiliates, and executors.

The purpose of Atlanta Adventure Boot Camp Program is to provide fitness instruction and coaching for various levels of athletes/individuals.

The undersigned hereby acknowledges that the following was explained to me and/or agree to the following:

1. Acknowledges that the instructor is not a physician and is not trained in any way to provide medical diagnosis or any other type of medical advice.
2. Acknowledges that coaching/training is another tool for teaching athletes/individuals about themselves, but Atlanta Adventure Boot Camp does not guarantee neither good nor bad will occur, nor guarantees the training advice given by Atlanta Adventure Boot Camp and or its instructors will produce good nor bad results.
3. Acknowledges that the undersigned has been told if they feel tired, feel pain or feel out of the ordinary in any way either related to the training, or otherwise, that the undersigned should contact a physician at once.
4. Acknowledges that boot camps, aerobic classes, martial arts, kick boxing, running, kung-fu, weight training, obstacle courses, and any other related sports are an extreme test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury and death. That the undersigned assumes the risks of participating in these types of events and activities, that they are fit, and they have a regular medical physician they can contact regarding any medical problems that they might develop.

The undersigned expressly waive, release, discharge and agree not to sue from any liability of death, disability, personal injury, or action of any kind Adventure Boot Camp, its instructors, officers, affiliates, and executors for the undersigned participating in said sporting events and/or training for said sporting events.

The Undersigned agrees that this is the full agreement between the parties, that no representatives of Atlanta Adventure Boot Camp or nor anyone else has verbally contradicted any of the terms of this release and that the undersigned has entered into this agreement free and voluntarily without force or coercion.

PERFORMANCE PLEDGE

In the spirit of harnessing your best effort and providing optimum results from your Boot Camp experience, we have established the following policies to which you will need to adhere. Please read and initial each one.

_____ I agree that I will abstain from (not consume) alcohol during the month of Boot Camp program.

_____ I agree to abstain the use of foul language during Boot Camp.

_____ I agree to abstain from eating or speaking the words Twinkie, Donuts, Ho-Ho's, Ding Dong, or Cup Cake during the course of Boot Camp.

_____ I agree to show up for Boot Camp every day unless it is an excused absence from my doctor or pre-approved with Boot Camp instructors.

_____ I will arrive at camp ON TIME. (I will set 2 or more alarms as necessary to ensure)

(Any violation of the above statements will result in twenty push-ups per occurrence.)

POLICY NOTICES

_____ I understand that photos or video may be taken during the course of my involvement in Boot Camp, which may be used for promotional purposes. I understand that my "before & after" photos will not be used for any promotional purposes unless I give written authorization.

_____ I understand there is no refund policy, but I can receive a credit (for unused portion of camp) towards a future camp if, for reasons beyond my control, I am not able to complete the one I originally joined. Camp fees cannot be used towards any other products or services provided by Atlanta Adventure Boot Camp.

_____ I will follow proper dietary practices as learned in the nutrition class or explained by the AABC instructors.

_____ I understand that I may only attend the class I am registered in and there are no make-ups or credits for missed sessions.

_____ I have read and fully accept the Atlanta ABC program policies and guidelines.

Signature

Printed Name

____/____/____
Date