COMMITMENT TO “THE PROCESS”

I, the undersigned participant, understand that there is an expectation placed upon both my coach/trainer **Coach Jonathan “Fly” James-Smith** of **4.1.6. Max-P Fitness** and I when in rolling enrolling in this fitness program. By signing below, I acknowledge the following:

* It is expected that both coach and participant **RESPECT** all employees, members, the program itself and above all each other throughout the entire duration of the fitness program.
* Sexual harassment, bullying, fighting, and any other inappropriate behavior will **NOT** be tolerated at any time before, during and/or after training sessions. Any violations will be dealt with accordingly on a case by case basis by **Coach Jonathan “Fly” James-Smith** and/or, if necessary, by the appropriate legal or law enforcement representative.

* It is expected that both coach and participant approach each training session with a **POSITIVE** mindset; giving a quality effort throughout the duration of each exercise and training session. 100% effort!
* It is expected that both coach and participant approach each exercise and/or training session with a **SAFETY-FIRST** mentality. This includes knowing your limitations and not pushing beyond your physical and/or mental capacity. Err on the side of caution when challenging yourself. Respect “The Process of Progression.”
* A commitment to these expectations will not only improve the quality of the program but the business relationship between coach and participant.

**I hereby affirm that I have read, have been honest and fully understand the above information.**

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Coach Signature

X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant’s Signature

X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian’s Signature