

Beyond Physical Fitness, Inc. Personal Training Policies Agreement

Please Read This Application in Its Entirety Before Signing

Beyond Physical Fitness, Inc. (BPF) was founded on the belief that taking care of your body is pleasing in God's sight (I Corinthians 6:19-20). The goal of BPF is to merge mental toughness and holistic wellness with fitness at a professional level. To maintain an agreement of understanding, it is important to highlight the Personal Training Policies of BPF.

Group Sessions are growing in popularity, as it is a way to save money, get in shape and still be with friends. However, for specialized needs or very specific goals, private personal training sessions may better suit you. Every 30 days you may notice a body composition change of some sort pending you follow the nutritional guidance, cardio and exercise assignments.

All private and group sessions include:

- Supervised/Personalized program designs
- Goal setting tasks
- Nutritional guidance and accountability
- Cardio assignments and accountability
- Warm Up
- Pre and Post Stretching
- Conditioning
- Strength training

Individual (personal training)

# of sessions	Times per week	Monthly cost 30 min session or 1 hour session
1	n/a	\$49 (30 min only)
4	Once	\$175 or \$313
8	Twice	\$304 or \$548
12	Three times	\$391 or \$705

Partner (personal training)

# of sessions	Times per week	Monthly cost 30 min session or 1 hour session
8	Twice	\$218 or \$391
12	Three times	\$288 or \$517

Group (personal training)

# of sessions	Times per week	Monthly Cost 30 min session or 1 hour session
8	Twice	\$191 or \$345
12	Three times	\$248 or \$446

Measurement consultations are \$60.

Take off 10% for children under 18 years of age and senior citizens over 64 years old for personal training.
Add minimum of \$10 premium per session per person for off-site training.

Please note that sessions must be completed within 4 weeks of first session. Sessions not completed within this time frame will become expired and counted as loss. Each package must be paid in advance prior to beginning a program.

Google Drive

Upon joining and beginning your personal training program, you will receive an invitation to join a Google Drive folder. It is imperative that you view the Google Drive folder each week to confirm that the session numbers, days, and times are correct by sending your trainer a text message. Not sending a text indicates that the scheduled day and time works for you. Last minute cancellations are a loss. If you miss a session, it is counted as a completed session. By signing below, you agree to the policy above.

X _____

Cancellation Policy for Private Sessions

If cancellation is less than 24 hours prior, but greater than 8 hours prior to appointment a one-time courtesy warning will be given. If cancellation notification is received less than 8 hours before your scheduled appointment or you fail to show up for your scheduled session, the session will count as a completed session.

If for any reason your personal trainer cancels the session less than 3 hours prior to the scheduled session, you will receive a scheduled replacement session. If for any reason your personal trainer fails to show up for a scheduled session without notice, you will receive a scheduled replacement session plus one additional session.

Tardiness for Private Sessions

It is understood that from time to time all individuals face unavoidable situations that may cause him or her to be delayed. You may arrive up to 15 minutes late and still participate in the remaining minutes of the scheduled session. If no call is received and you are not present 15 minutes past the scheduled start time, the session will be counted as a completed session. If your personal trainer is more than 10 minutes late without attempting to contact you, you will receive the remainder of that session plus an additional session that best suits your schedule.

Tardiness and Cancellation for Group Sessions

Group sessions are designed for all members of the group to work out at the same time. If a member is late, he or she may participate in the remaining minutes of the workout after a proper warm up and stretching has taken place by the individual on his or her own. If a group member fails to show up for the work out, it will continue without that member and the session will be counted as completed. If all members of a group fail to show up and no cancellation call is made more than 8 hours before the scheduled session time, the session will be counted as completed for all members. If all members of a group cancel less than 24 hours prior, but greater than 8 hours prior to appointment, the group will receive a one-time courtesy warning.

Record of Attendance

An attendance record of completed sessions will be kept. Each time a session is completed, you will initial across from your name and date.

Refunds and Session Transfers

Once a session or package of sessions has been purchased, there will be no refunds. Fortunately, if for any reason you are incapable of completing your sessions, you may transfer them to a friend or family member once they complete an application.

Methods of Payment

Services may be paid via cash, credit or debit.

Thank you for operating in accordance with BPF terms and conditions.

Acceptance

I, _____ have read, understand and agree to abide by all sections of the
BPF Personal Training Policy.

Client Signature

Signature Date

d.b.a.

Beyond Physical Fitness

[Personal Training Waiver of Liability and Informed Consent]

I _____, have enrolled in a program of strenuous physical activity including but not limited to, weight training, stationary bicycling, and the use of various aerobic conditioning and strength building machinery offered by Beyond Physical Fitness, Inc. (BPF). I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program. I fully understand that I may injure myself as a result of my participation in the BPF exercise program. BPF is not now responsible for, nor in the future, including but not limited to, heart attacks, muscle strains, pulls of any sort, tears of any sort, broken bones of any sort, shin splints, heart prostration (including or involving any latent/hidden heart problems), knee/lower, back/foot, injuries and other related illnesses, soreness, or injury however caused, injury occurring as a result of my participation in the exercise program, or after, as a result of my participation in the exercise program.

In consideration for my participation in the BPF exercise program, I, _____, my heirs and assigns, hereby release, hold harmless and indemnify BPF and its directors, officers, owners, employees, representatives, associates, agents, contractors, vendors, suppliers, heirs, and assigns (i.e., this waiver of liability including all training and specialty classes held at but not limited to **Beyond Physical Fitness' facilities** and any in-home training or off-site training such as hikes, walks, runs, calisthenics, weight lifting, boot camps etc.), from any claims, demands and causes of action what so ever, including negligence of any degree or willful misconduct arising out of or relating to my participation in the BPF exercise program.

BPF has recommended that I consult a physician before I engage in any physical exercise program. I acknowledge that I have done so, and that my physician has cleared me for participation, **or**, after rendering an individual decision, on my own, I have chosen not to consult a physician but will begin the exercise program **at my own risk**.

I have read this form and understand that there are inherent risks associated with my physical activity and recognize it is my responsibility to provide accurate and complete health/medical history information. Furthermore, it is my responsibility to monitor my individual physical performance during any activity. In the event of a medical problem, I further recognize that any medical care that may be required is my personal financial responsibility.

Client Signature

Date of Signature

Witness Signature

Date of Signature

Physical Activity Readiness Questionnaire (PAR-Q)

Please initial below the answer that correctly applies to you for each question.

Yes	No		
_____	_____	1.	Has your doctor ever said you have heart trouble?
_____	_____	2.	Has your doctor ever said you have high blood pressure or high cholesterol?
_____	_____	3.	Has your doctor ever told you that you have a bone or joint problem such as but not limited to arthritis that has been aggravated by exercise or might be made worse with exercise?
_____	_____	4.	Do you often feel faint or have spells of severe dizziness?
_____	_____	5.	Are you over 65 and not accustomed to vigorous exercise?
_____	_____	6.	Is there any physical reason not mentioned here why you should not follow an activity program even if you wanted to?
_____	_____	7.	Do you frequently have pains in your heart and/or chest?

If you checked yes to any of the above, vigorous exercise testing should be postponed. Medical clearance from your physician is **strongly** advised. Consult with your personal physician by telephone or in person and tell him/her what questions you answered “yes” to on the PAR-Q and present your PAR-Q copy.

After medical evaluation, seek advice from your physician as to your suitability for
☐ unrestricted physical activity starting off easily and progressing gradually, and
☐ restricted or supervised activity to meet your specific needs, at least on an initial basis. Check in your community for special programs or services.

By signing below, you agree that you have read and understand the statements above and that you have initialed above the answer that correctly applies to you.

Signature

Date

PHYSICIAN'S APPROVAL

_____ has been examined by me and has my approval to
Participant's name participate in a progressive exercise program. I understand the physical and
physiological stressors of the
program and see no reason why the above named person should not participate.

_____ M.D. _____ Physician's Signature
Date

TYPE OF ACTIVITY

INTENSITY

Cardiovascular	_____
Resistance Training	_____
Flexibility	_____
Other	_____

PHYSICIAN'S RECOMMENDATIONS/CONTRAINDICATIONS

Lower portion to be completed by your physician

RECOMMENDATIONS/HEALTH STATUS CLASSIFICATION

_____ Medical clearance	_____ Apparently healthy
_____ Max stress test and medical clearance	_____ Increased risk
_____ Refer to medically supervised program	_____ Known disease

COMMENTS

MEDICAL HISTORY

CLIENT NAME _____ DATE _____
AGE _____

CHECK THOSE THAT APPLY PUT N/A NEXT TO THOSE THAT DON'T APPLY

- _____ Recent illness, hospitalization or surgical procedure
- _____ Heart attack, coronary bypass, cardiac surgery, stroke
- _____ Abnormal resting or stress EGG
- _____ Uneven, irregular, or skipped heart beats (including a racing or fluttering heart)
- _____ Abnormal blood lipids
- _____ Family history of coronary or other atherosclerotic disease prior to age 55 male & 65 female
- _____ Diabetes Mellitus
- _____ High Blood Pressure
- _____ Phlebitis Emboli
- _____ Pulmonary disease (asthma, emphysema, bronchitis, COPD, etc.)
- _____ Rheumatic Fever
- _____ Light headedness or fainting
- _____ Chest pain at rest or exertion
- _____ Unusual shortness of breath
- _____ Orthopedic problems (arthritis or any other bone, joint or muscle problems)
- _____ Mental Illness (Emotional and/or Psychological disorders)
- _____ Medications (list all medications beneath comments)
- _____ Drug allergies
- _____ Smoking
- _____ Physical inactivity

Beyond Physical Fitness, Inc.

CLIENT SCREENING FORM

NAME _____ HOME PHONE _____

ADDRESS _____ WORK PHONE _____

_____ CELL PHONE _____

_____ AGE _____

EMAIL _____ DATE OF BIRTH _____

PHYSICIAN'S NAME _____ PHONE # _____

How did you hear about Beyond Physical Fitness, Inc.? _____

HEALTH HISTORY

1. Do you smoke? **Y or N**
How many per day? _____
2. Has your doctor ever said your blood pressure was too high or too low? **Y or N**
3. Do you have any known cardiovascular problems (abnormal Heart or ECG, previous Heart Attack, Atherosclerosis, ETC)? **Y or N**

Which? _____
4. Has your doctor ever told you your Cholesterol level was High? **Y or N**
5. Do you feel you are overweight? **Y or N**
By how many pounds? _____
6. Do you have any injuries or orthopedic problems (Bad Knees/Back, etc?) **Y or N** If so, please explain

7. Are you taking any prescribed medications or dietary supplements? **Y or N** If so which ones and what are they for?

8. Date of your last physical examination? _____
9. Date of your last blood test showing cholesterol (HDL, LDL, Glucose, Iron, Etc.) _____
10. Do you have any medical conditions or problems (including stress related) not previously mentioned? **Y or N**
11. Are you currently involved in a regular exercise program? **Y or N** If so explain? _____

If not when was the last time you exercised at least 3 times a week _____
12. Have you ever exercised with weights? **Y or N** If so, when?

What are your goals within this program?

Life-Style Improvement Contract with Myself

I hereby pledge to exercise in accordance with Beyond Physical Fitness Inc. I pledge to nourish my body with the quantity and quality of nutrients that will make me flourish, and to dedicate my efforts to elevate and care for myself to the best of my ability

_____ Day of _____ 20 _____

What kind of music do you like to work out to?

Thank you for your time in answering these questions.

Now let's get started!