



MACHON*B***FIT**

FORMS



MACHONBFIT

HEALTH & FITNESS LIABILITY WAIVER/INFORMED CONSENT FORM

"I/or responsible party _____ have enrolled in MachonBFit personalized health and fitness program. I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that my physical condition is good and I do not suffer from any known disability or condition that would prevent or limit my participation in this fitness program."

I acknowledge and understand that MachonBFit fitness professionals are not physicians and not trained in any way to provide medical diagnosis or any other type of medical advice.

_____ (Initial)

In consideration of my participation in the health and fitness program, I release Machon BFit and its fitness professionals from any claims, demands, and causes of action as a result of my voluntary participation and enrollment. _____ (Initial)

I fully understand that I may injure myself as a result of participation in any fitness program offered by MachonBFit and I release MachonBFit and its fitness professionals from any liabilities against any underlying conditions now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death. _____ (Initial)

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS AND I AM ENTERING INTO THIS AGREEMENT FREE AND VOLUNTARILY WITHOUT FORCE OR COERCION.

_____ (Participant Signature)

_____ (Date)

_____ (MachonBFit Representative)



PHOTO & VIDEO RELEASE

I, _____ hereby grant and authorize MachonBFit full permission to take photos and/or video of me. I give MachonBFit the right to edit, alter, copy, exhibit, publish, distribute and make use of any and all photos and/or video taken of me in conjunction with MachonBFit marketing; not limited to social media platforms, flyers, posters, digital communications and websites for promotional use.

I, _____ hereby hold harmless, and release MachonBFit from all liability petitions, and causes of action which I, my heirs, Representative, or any other persons may make while acting on my behalf. By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Sign: _____

Date: _____

PARENT OR GUARDIAN IF UNDER 18

Sign: _____

Print: _____