

# FIT CHICK NOW

## Community Commitment Form

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Thank you for stepping up to be part of our core group of 60 committed participants. This movement is for everyone, regardless of fitness level or experience. It relies on consistency, mutual support, and positive energy. Please review the commitments below, complete your details, and sign to secure your spot.

### 1. Participant Information

**Full Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Emergency Contact  
(Name & Phone):** \_\_\_\_\_

### 2. Our Core Commitments

*Please read and write your initials next to each section to confirm your agreement.*

#### Attendance & Consistency

I commit to showing up to scheduled sessions consistently and on time. I understand that every single person's presence and energy contribute directly to the ultimate success of the group.

**Initials:** \_\_\_\_\_

#### Inclusivity & Support

I commit to encouraging my fellow participants, keeping a positive attitude, and supporting a welcoming, completely judgment-free environment for everyone involved.

**Initials:** \_\_\_\_\_

#### Communication

If an unexpected conflict arises and I must miss a session, I agree to notify the instructor well in advance so the group can plan and adjust accordingly.

**Initials:** \_\_\_\_\_

### **Transportation Accountability**

I understand that I am fully responsible for securing my own transportation to and from sessions. (Note: Participant-to-participant carpooling may be arranged independently if available).

**Initials:** \_\_\_\_\_

## **3. Participant Affirmation**

*By signing below, I officially join the Fit Chick Now core group of 60 participants. I am ready to stay dedicated to my personal wellness journey and to the shared success of this fitness community.*

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**Participant Signature**

**Date**