



CLIENT PROFILE

Name: _____ Birth Date: _____

Address: _____

Home Phone: _____ Cell Phone _____

Email: _____

Height: _____ Weight: _____

EMERGENCY CONTACT

Name: _____ Phone: _____

Relationship: _____

How did you hear about us? _____

What is your profession? _____

Are you under the care of a Physician? _____

Do you have any injuries? _____

How much Cardio do you do a week? _____

Do you lift weights? _____

Last time you exercised? _____

Do you eat breakfast? _____

Explain your eating habits: _____

What are your goals? _____

How important is for you to reach your goal:

Low

High

1

2

3

4

5

Liability waiver

I, _____ understand and agree that no liability is, or will be assumed by SUMMIT STRENGTH & CONDITIONING LLC, or any of its owners or employees.

You agree that if you are present for any reason, have interaction of any kind with or from anyone else, engage in any physical exercise or activity or use any facility, on club property or elsewhere at a club sponsored event or program, you do so at your own risk. You assume this risk for all likely and unlikely, reasonable and unreasonable expected experiences or occurrences. This includes, without limitation, your use of the equipment, locker room, showers, parking lot area, or sidewalk and your participation in a training program or other instruction now or in the future made available. You agree that you are voluntarily participating in these activities and using the equipment and facilities and assuming the risk of injury or you contraction of any illness or medical condition that might result therefrom or any damage, loss or theft of any personal property. You agree on behalf of yourself to release and discharge us from any and all claims or causes of action arising out of our negligence. This Waiver and Release of all liability includes, without limitation, injuries which may occur may occur as a result of (a) your use of any facility or its improper maintenance, (b) your use of any exercise equipment which may malfunction or break, (c) our improper maintenance of any exercise equipment, (d) our negligent instruction or supervision, (e) our negligent hiring or negligent retention of any employee, (f) loss of consortium (g) your slipping and falling while in any club or on the surrounding premises or (h) first aid, emergency treatment, or any other services which are negligently rendered or failed to be rendered by released parties, emergency personnel or Good Samaritans, or our negligently preventing a Good Samaritan from rendering first aid.

YOU ACKNOWLEDGE THAT YOU HAVE CAREFULLY READ THIS RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF ALL LIABILITY. IN ADDITION, YOU DO HEREBY WAIVE ANY RIGHT THAT YOU MAY HAVE, BY OR ON BEHALF OF YOURSELF, YOUR SPOUSE OR ANY CHILD (MINOR OR OTHERWISE), TO BRING LEGAL ACTION OR ASSERT A CLAIM FOR INJURY OR LOSS OF ANY KIND AGAINST US FOR OUR NEGLIGENCE OR ARISING OUT OF OR RELATING TO PARTICIPATION BY YOU, YOUR SPOUSE OR CHILD IN ANY OF THE ACTIVITIES, OR USE OF EQUIPMENT, FACILITIES OR SERVICES WE PROVIDE AS DESCRIBED IN THIS PARAGRAPH, OR ON ACCOUNT OF ANY ILLNESS OR ACCIDENT, OR DAMAGE TO OR LESS OF YOUR PERSONAL PROPERTY.

Print Name: _____ Date _____

Signature: _____