



GUEST FITNESS PROFILE

Date: _____
Toured By: _____
Entered In CR: _____

NAME: _____	DATE OF BIRTH: _____
ADDRESS: _____	CELL PHONE: _____
CITY: _____ ST: _____ ZIP: _____	EMAIL ADDRESS: _____
EMPLOYER: _____	SPOUSE: _____
HOW DID YOU HEAR ABOUT US: _____	WHO IS YOUR APPOINTMENT WITH: _____

What are your fitness goals (circle all that apply): Weight Loss Muscle Gain Tone/Firm General Health High Intensity Training Self Defense MMA Confidence

Other: _____

What specific areas do you want to focus on (circle all that apply): Upper Body Lower Body Abs Boxing Kick Boxing BJJ Conditioning Other: _____

Why are these goals important to you? _____

When were you in the best shape of your life? _____ **How did you look and feel?** _____

How long have you been thinking about achieving your fitness goals? 0-3 months 4-6 months 1 year 5 + years **Why Now?** _____

What has kept you from starting your fitness program? (circle all that apply) Time Money Family Motivation Knowledge Priorities Procrastination

Where do you place health and wellness as a priority in your life, on a scale of 1 – 5 (5 being the highest)? 1 2 3 4 5

Which days will you be coming into the club? (circle all that apply) Mon Tues Wed Thurs Fri Sat Sun **Times?** Morning Afternoon Evening

PILLARS OF FITNESS NUTRITION - STRENGTH - PRIVATE COACHING - CARDIO ACTIVITY - DISCIPLINE

ASSUMPTION OF RISK, WAIVER OF LIABILITY AND INDEMNIFICATION

All courses offered by UFC Gym will involve sparring and physical contact with other individuals and/or heavy bags, which may result in personal injury. Other programs offered and other events also present a risk of personal injury to the participant (you). I understand and agree that there are risks of significant injury, however caused, to me and any of my Guests, including specifically minor Guests, in my or their use of or presence on UFC Gym's premises, whether within or outside its centers. I understand and agree that these risks of injury include, but are not limited to, slips, falls, trips, collisions, thefts, equipment failure or malfunction, or other such accidents or incidents that may result in injury, harm, loss or other damage, including but not limited to economic, property, emotional, mental, physical, bodily or any other type of damage, including but not limited to sprains, torn muscles or ligaments, broken bones, strokes, heart stress, heart attacks, paralysis, disfigurement, death, or other forms of pain or suffering. On my own behalf, and on behalf of each of my Guests, including specifically minor Guests, I fully understand, voluntarily accept, and specifically assume these risks of injury. I affirm that: (i) no physician has ever informed me that I have a heart condition or that I should only do physical activities recommended by a physician; (ii) I have never felt chest pain when engaging in physical activity; (iii) I have not experienced chest pain when not engaged in physical activity at any time within the past month; (iv) I have never lost my balance because of dizziness and have never lost consciousness; (v) I do not have a bone or joint problem that could be made worse by a change in physical activity; (vi) my physician is not currently prescribing drugs for blood pressure or heart condition; (vii) I do not have a history of high blood pressure, and no one in my immediate family has a history of high blood pressure or heart problems; and (viii) I do not know of any other reason why I should not exercise.

On my own behalf, and on behalf of each my Guests, including specifically minor Guests, as well as my successors, representatives and assigns, I agree to release and discharge from all liability, and waive all claims, demands and actions against, UFC Gym and its owners, operators, subsidiaries, affiliates, franchisors, employees, agents, independent contractors, vendors and volunteers (collectively "UFC Gym") for any and all injuries, harms, losses or other damages sustained by me or my Guests, including specifically minor Guests, in connection with my or their use of or presence on UFC Gym's premises or use of its facilities, equipment, services, programs or activities, whether within or outside its centers, resulting or arising from the negligent acts or omissions of UFC Gym, or the negligent acts or omissions of me; any of my Guests; including specifically minor Guests; and any other members, guests, visitors or other persons on the premises. I agree to defend, indemnify and hold UFC Gym harmless against any and all claims brought by anyone against UFC Gym related to such injuries, harms, losses or damages.

Guest Signature _____ **Date:** _____