#### ONE TIME SETUP/REGISTRATION FEE OF \$65

\$75 a month 2sessions a week (12+team members) per athlete
\$85 a month 3sessions a week (12+team members) per athlete
\$95 a month 1sessions a week single athlete
\$105 a month 2sessions a week single athlete
\$115 a month 3sessions a week single athlete
\$125 a month unlimited sessions a week single athlete



First Name:	Last Name:		Age:	DOB:	<i>J</i> /	
Mailing Address:		City:		Zip:		
Cell Phone:	Home Phone:	Email:				
Sport:	Position:					
School:	Classification	on:				
Professional Employer:	Professional C	Occupation:				
Parent/Guardian:	Relati	on:				
Referred By:	Physician Name:		Phone:			
Emergency Contact Name:	Phone:		Relationsh	ip:		
<ul><li>4. Do you lose your balance beca</li><li>5. Do you suffer from shortness</li><li>6. Do you have bone or joint pro</li></ul>	nad chest pain when you were not doing physause of dizziness or do you ever lose conscious of breath at mild exertion or have difficulty by by that could be made worse by a change ribing drugs for your blood pressure or heart	usness? YES preathing? YES in physical activity	_ NO NO /? YES N	0		
8. Do you know of any other reason why you should not do physical activity? YES NO						
9. Are you above 40 years of age and not currently physically active? YES NO						
	alth conditions that you are aware of?					
11. What is your biggest obstacl	e/s when it comes to getting into performand	ce shape?				

12. What are the main goals that you would like to achieve with Precision Athletic Corps Sports Performance Training? (Be specific)

#### PAC - Liability Waiver and Service Agreement

In the sure of	Farabash	T
Social Media Information:		
Client Name (Please Print)	Client Signature	Date
substantial rights, including my right to su	ue. I acknowledge that I am signing the Agreement freely and	provisions in this Agreement and I understand that I am giving up d voluntarily and intend, by my signature that this document be a I have fully read and understand the terms of this agreement and wil
	Aissed sessions can only be made up if agreed upon by both ic days unless agreed upon before the program begins.	parties in advance. Typically each 4 week session has 12 training
of Training and I agree to allow Trainer to	use photographs and videos of me, as well as, name and lik	
voluntarily participate in the Training and physical condition that would prevent me acknowledge and agree that I am not obli participate in any specific Training.	accept all risks related to the Training without the approval from participating in the Training or from using equipment igated to participate in any Training that I do not wish to par	ticipate in. I will inform Trainer immediately if I do not wish to
arbitration before a single arbitrator purs prevailing party in such arbitration shall b	uant to the governing rules of the Georgia Arbitration Act. To the entitled to recover all reasonable attorneys' fees and cost	pretation of this Agreement shall be decided by final and binding he arbitrator's cost and fees shall be paid equally by the parties. The s incurred, as awarded by the Arbitrator. The venue for the award may be enforced by judgment entered in the Superior Court o
	S: I also agree to INDEMIFY AND HOLD Trainer and all Releas attorney's fees brought as a result of my Training with Train	sees harmless of any and all claims, actions, suits, procedures, costs, er and to reimburse Trainer for any such expenses incurred.
laws of the State of Georgia and if any pofurther acknowledge and agree that this a	rtion of this Agreement is held invalid, it is agreed that the bagreement shall be governed by and shall be construed in acall be commenced and maintained in the state courts of the	ment are intended to be as broad and inclusive as permitted by the valance shall, notwithstanding, continue in full legal force and effect. Ecordance with the laws of the State of Georgia. Any claims or legal State of Georgia and the parties hereby submit to the jurisdiction
liability, from any and all claims, including not limited to, participation in the Trainin right to use equipment provided by Trainthe suitability for the training. I expressly	the negligence of Trainer resulting in personal injury, acciding and use of facilities, premises or equipment wherever locater or equipment at another location, I acknowledge and agriculture and agriculture and hold harmless, discharge and indemnify (Including of the control	and affiliated entities (Hereinafter referred to as "Releasees") from ent or illnesses (Including Death) and property loss arising from, but sted and by whomever provided. In further consideration for the ee that Trainer has not inspected the equipment at the Location or costs and attorney's fees) Trainer and Releasees for any loss, injury o ising out of the use of my equipment or equipment provided by
WAIVER: In consideration of my participa	tion in the Training provided by Trainer I, myself, my heirs, $\epsilon$	executors, administrators or assigns, do hereby release, waive,
aerobic exercise, stretching exercise, runr activities which place stress on the cardio risks and dangers, including but not limite ALL RISKS INVOLOVED, INCLUDING RISKS	ning and weight lifting, as well as additional strenuous exerc prespiratory and muscular systems (collectively referred to a ed to, catastrophic injuries, including paralysis, other serious	ise and/or exertion of strength, and other sustained physical s "Training"), are and can be hazardous activities that include certain injury and death. I VOLUNTARILY ACCEPT FULL RESPONSIBILITY OF OF EQUIPMENT I
ASSUMPTION OF RISK: I am aware that a	Il activities associated with receiving personal training instru	ction from Trainer including, but not limited to activities involving
	be provided pursuant to an agreed upon fee schedule, and I	"Home", "Office", or "Location", or referred to collectively as Frainer agrees to provide said training sessions subject to Client's
	oviding services through sole proprietors (hereinafter referre	ed to as "Trainer"). Trainer may conduct Client's Personal Training
ı	(hereinafter referred to as "Client") on	(Date) enter into this Agreement by and between

## **Personal Wellness Evaluation**

Name:			Date:	
Age: Gend	der:	Height:		Weight:
Email:		Phone:		<del></del>
What are Your Current Health Goals?				
What actions are you taking to reach	those Goals?			
What Results have you gotten so far?	How long did that take?_			
What do you eat on a typical day?				
Breakfast:				
Lunch:			-	
Dinner:				
Snacks:				
Drinks:				
Are you interested in:				
Weight Loss/Gain	Strength & Power	Fle	exibility & Agility	
Sports Specifics	Speed & Quickness	Sp	orts Nutrition	
Sports Combine Training Program	Other:			
Wellness Results (Use Lean Protein Estima	ator):			
BMI Daily	Protein Calorie	es Burned at Res	t	
Program				
Recommendation:				

### CREATE A HEALTHY ACTION PLAN - YOUR SPORTS PERFORMANCE MISSION STATEMENT

#### **PUTTING HEALTHY BEHAVIORS INTO PRACTICE**

WHY A MISSION STATEMENT? A mission statement is a clear, simple statement of intent.

It's what you want to do. What you want to live. What will guide your nutritional, fitness, and wellness choices everyday.

Now, you're not following some external "rules" made by someone else. You're starting to be accountable to you and your body.

Now, you're the boss. And you have to report to you.

WE MUST REMIND OURSELVES TO BE WHAT WE WANT TO BE EVERY SINGLE DAY.

#### **EVERY NEW HABIT REQUIRES DAILY LABOR AND PRACTICE.**

"OVER TIME, EACH HABIT BECOMES INGRAINED. BUT WE STILL NEED TO PRACTICE GOOD HABITS. TO ORGANIZE OUR LIVES TO HELP OURSELVES SUCCEED. TO GIVE OURSELVES THE TOOLS AND STRATEGIES WE NEED."

Your sports performance mission statement is part of that process. It helps keep you centered, and reminds you to cater to the "fit person". Every day, you can remind yourself of who you are, who you want to become, and why you're doing this in the first place.

We suggest you start by throwing out all negative thought processes and excuses.

#### How do i make a mission statement?

Start by revisiting your thoughts from early in our wellness program. Think about:

- Who am I? (And who have I become?)
- What do I stand for?
- What is truly valuable and truly meaningful?
- Why is making healthy choices important to me? How do these choices help me accomplish my purpose in life?
- Where do I want to go, and what behaviors will get me there?
- How will I know if I'm making progress?

v, see if you can captur		·	,	
	 			 -

# **PAC SPORTS PERFORMANCE CLIENT MISSION STATEMENT**

I am a	<i>,</i>	and
whole. I will share my know that I display meaningful sp foster integrity, and serve a world.	rledge and experience wiritual, mental and phys	sical values as well as
I am dedicated to living my being open to learning new know it's right and feels god exercises and activities that for a challenge no matter w	things. I will eat well, a od. I will choose and alw are fun, hard, easy and	nd mindfully, because I vays be open to all
I'm an elite athlete created mentally and physically for love. My nutrition fuels my activities must keep me por athletes change their encouraging to myself and	r fighting life's obstacles quest for peace, love, h werful, grateful and exc lives. I also commit to s	s and playing the sport I appiness and justice. My ited about helping other staying positive and
Athlete Name (Please Print)	Athlete Signature	

## **CREATE A SUCCESSFUL PLAN OF ACTION FOR AN ELITE ATHLETE - YOUR MISSION STATEMENT**

What do elite athletes do? Here's a little exercise that might help you.

An elite athlete Fill in the blanks, as many times as you n 1. An elite athlete chooses to	, , ,	
		····
3. An elite athlete chooses to		
4. An elite athlete chooses to		
5. An elite athlete chooses to		
As an elite athlete, I  Now, match "elite athlete" with y now — to act on that "fit person"		it could you do every day — maybe even right
1. An elite athlete chooses to		, and therefore to live as a "fit person", I choose
to		today.
2. An elite athlete chooses to		, and therefore to live as a "elite athlete", I
choose to		today.
3. An elite athlete chooses to		, and therefore to live as a "elite athlete", I
choose to		today.
4. An elite athlete chooses to		, and therefore to live as a "elite athlete", I
choose to		today.
5. An elite athlete chooses to		, and therefore to live as a "elite athlete", I
choose to		today.
Athlete Name (Please Print)	Athlete Signature	Date

Parent/Guardian Signature

Date

Parent/Guardian Name (Please Print)