

*Return to Form* Consent Form

Thank you for choosing *Return to Form*. I request your understanding and cooperation in maintaining both your and our safety and health by reading and signing the following INFORMED CONSENT AGREEMENT.

I, \_\_\_\_\_, declare that I intend to participate in the program offered by *Return to Form* and I understand that each person (myself included) has a different capacity for participating in such activities, facilities and programs. I am aware that the workout offered can be a risk and I assume all responsibility during and after my participation.

I understand that part of the risk involved in undertaking physical activity is relative to my own state of health and physical fitness and the awareness, care and skill with which I conduct myself in that activity. I acknowledge that my choice to participate in this program brings with it the assumption of risks that may result from my choice to participate in the program. In addition, I understand that I am free to withdraw from the involvement of the program, depending on the agreement made between me and the personal trainer that I will report any physical or mental exertion that I may be experiencing.

In addition, I acknowledge that I have inquired about the nature of the program if I am not fully familiar and I have been informed of the inherent risks.

I declare that I have read, understood, and agree to the contents of this INFORMED CONSENT AGREEMENT in its entirety.

Participant:

\_\_\_\_\_

Witness:

\_\_\_\_\_

Date:

\_\_\_\_\_

Date:

\_\_\_\_\_

Please note cancellations must be 24 hours in advance or client will still be charged.