



Consent Form

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in this fitness testing and exercising programs may be injurious to my health, am voluntarily participating in 1 to 1 Personal Training services.

Having such knowledge, I hereby release 1 to1 Personal Training, its representatives, employees, heirs, and successors from liability for accidental injury or illness that I may incur as a result of participating in fitness testing, the exercise program, or any and all screening procedures. I hereby assume all risks connected therewith and consent to participate in said program.

Date _____ Name (print) _____

Signature _____

If the participant is a **minor**, a signature of a parent or guardian is required.

Name (print) _____ Signature _____

Relationship _____ Phone# _____

Date _____