C5 Fitness Health Awareness Intake Form

Name:

Today’s Date:

Best Contact Number for texting:

Best Email:

Address:

DOB and Current Age:

Height:

Weight:

Waist measurement:

Hip measurement:

Current Medications and purpose for said medication, and current diet modifications:

Current Physical Concerns, limitations, or restrictions from a doctor:

(ex: high bp, high cholesterol, neuropathy, vertigo, history of joint problems)

My reason/purpose for hiring a personal trainer and nutrition coach:

(ex: lack of discipline, need for knowledge)

Why I choose to train with Coach Corissa and not someone else or on my own:

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C5 Fitness, LLC

Liability Waiver

In Consideration of the facility, Champions Gate, and my current state of health as documented with C5 Fitness, LLC records, I acknowledge and agree to:

1) Freely assume the risk of health modifications and fitness training. I will update my trainer if my physical abilities change. I assume full responsibility for my participation in group/personal training exercises. I understand that the nutrition recommendations are not a prescription and I may need further professional guidance from my doctor before making physical and nutritional changes.

2) Release and hold harmless C5 Fitness, LLC and Champions Gate staff in the result of injury, or even death, due to a lack of self awareness or putting myself at harm. I freely participate.

3) **Maintain open communication** with Coach Corissa if I need to withdraw from the monthly commitment.

Please keep in mind that some photos will be used for social media or website advertisements. By signing this form, you agree to release your photo for such purposes.

I have read this release of liability and assumptions risk agreement, and I fully understand its terms, thereby giving up my rights to a lawsuit against said companies. I sign it freely and voluntarily.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment method and agreement:

Coach Corissa’s philosophy

Weighing and measuring is only for awareness, not a measure of results.

Diets don’t work because most people gain double back due to restriction and stress

Exercise is not for weight loss, it is for your health (mental and physical)

Spiritual disciplines and reading are critical to your peace and confidence

Vanity and external measures can never satisfy

Vegetables are carbs and you need carbs! Proteins (meat) need to be lean in order to save your heart! Inflammatory foods need to be limited. (ex: dairy, corn, sugar, alcohol, fried food)

Water intake and whole food 3-5x a day is a must if you want to live!

Progression is better than being all in or all out. Champions keep getting back up! Grace, grace, grace!

Where the mind goes, the body follows! Stay connected and communicate often. 770-714-8544