



IMPORTANT: Please email the following:  
 (1) **date & time** you will attend your first workout  
 (2) **location** you will attend your first workout



email to: [info@bootcamp90210.com](mailto:info@bootcamp90210.com)



Name: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Wedding Date: (if applicable): \_\_\_\_\_

Today's Date: \_\_\_\_\_

How did you hear about Boot Camp 90210/Bridalicious Boot Camp?

\_\_\_\_\_

## Physical Activity Readiness Questionnaire (PAR-Q)

*Please read each question carefully and answer either yes or no. For questions 8 and 9, please initial in the space provided indicating that you understand what is recommended*

1. Has a doctor ever said you have a heart condition and recommended only medically supervised physical activity?

**Yes**                      **No**

2. Do you have chest pain brought on by physical activity?

**Yes**                      **No**

3. Do you tend to lose consciousness or fall over as a result of dizziness?

**Yes**                      **No**

4. Has a doctor ever recommended medication for your blood pressure or heart condition?

**Yes**                      **No**

5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?

**Yes**                      **No**

6. Are you aware, through your own experiences or a doctor's advice, of any other physical reason against your exercising without medical supervision?

**Yes**                      **No**

7. Are you over the age of 65 and not accustomed to vigorous exercise?

**Yes**                      **No**

If you answered **YES** to one or more of the questions above, please answer and initial the following questions:

8. Have you consulted your physician regarding increasing your physical activity and or performing a fitness assessment?

**Yes**    **No**    **Initial** \_\_\_\_\_

9. If you answered **NO** to question 8, will you consult your physician prior to increasing your physical activity and/or performing a fitness assessment?

**Yes**    **No**    **Initial** \_\_\_\_\_

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

**What is your current activity level? (How often do you participate in physical activity?)**

- Never 0 times per week
- Low 1-2 times per week
- Moderate 3-4 times per week
- High 5+ times per week



**How did you hear about boot camp?**

- The Knot, video tips \_\_\_\_\_
- The Knot, Health & Fitness Newsletter \_\_\_\_\_
- The Knot, Bridalicious Boot Camp by The Knot DVD banner ad \_\_\_\_\_
- Google (If so, what key words did you enter in Google?) \_\_\_\_\_
- Other Wedding-oriented Website (*please specify*) \_\_\_\_\_
- Personal Referral by (*name*) \_\_\_\_\_
- Media/article (*please specify*) \_\_\_\_\_
- Other (*please specify*) \_\_\_\_\_

**Congratulations, and Welcome Aboard!**

**Boot Camp Program Policies**

- Each boot camp session lasts about 60 minutes. To get the most of our efforts, be ready to exercise at the appointed time.
- As a professional courtesy, there will be **no make-up** sessions permitted after the predetermined boot camp period.
- Please wear loose, comfortable clothing to facilitate ease of movement, and appropriate athletic footwear.

**All boot camp attendees should bring the following to each workout:**

- 1 set of dumbbells, 5 lbs - 8 lbs (depending upon your strength level)
- 1 exercise mat (or yoga mat)
- Plenty of water

**IMPORTANT INFORMATION ABOUT  
TheKnot.com and Doug Rice**

**Bridalicious Boot Camp** group training classes in the Dallas area is a completely independent business from **Bridalicious by The Knot**.

The head trainer for your boot camp in the Dallas area is Doug Rice. Doug is also the official fitness guru for TheKnot.com and helps brides from all over the country with his articles, videos, DVDs and fitness merchandise found on TheKnot.com.

TheKnot.com or any of its affiliates, agents, or parent companies are not responsible for ANY AND ALL CLAIMS, SUITS, LOSSES, DAMAGES, CAUSES OF ACTION, EXPENSES OF LITIGATION, AND/OR SETTLEMENT, OR OTHER LIABILITY by reason of any accident or injury suffered by any exercise/training participant, which may arise in conjunction with the boot camp/training activities, whether or not caused by or alleged to be caused by the negligence, instruction, or training of Douglas Rice, other fitness instructor(s), The FitWit Group, LLC, Bridalicious Boot Camp or Boot Camp 90210.

## **Waiver and Release**

In consideration for allowing me to participate in the physical exercise, athletic activities, and the use of equipment, training, and instruction, I HEREBY AGREE TO WAIVE, RELEASE, INDEMNIFY AND HOLD HARMLESS, Douglas Rice, The FitWit Group, LLC, Bridalicious Boot Camp, Boot Camp 90210, any trainers, instructors, volunteers, agents, assigns, together with all persons assisting with any phase of such activities (collectively referred to as “Releases”) FROM ANY AND ALL CLAIMS, SUITS, LOSSES, DAMAGES, CAUSES OF ACTION, EXPENSES OF LITIGATION, AND/OR SETTLEMENT, OR OTHER LIABILITY by reason of any accident or injury suffered by me, which may arise in conjunction with this activity, whether or not caused by or alleged to be caused by the negligence, instruction, or training of Douglas Rice, The FitWit Group, LLC, or any other trainer(s), instructor(s), volunteer(s), agent(s), or assign(s).

It is always advisable and recommended to consult your physician before undertaking this or any exercise program.

By signing this document, I acknowledge that I have voluntarily chosen to participate in a program of progressive physical exercise. In signing this document, I acknowledge being informed of the strenuous nature of the program and the potential for unusual, but possible, physiological results including, but not limited to, abnormal blood pressure, fainting, heart attack, or death. By signing this document, I assume all risk for my health and well-being and hold harmless of any responsibility, the trainer/instructor, facility or any persons involved with this program and testing procedures.

Name (please print)

\_\_\_\_\_

Signature

\_\_\_\_\_ Date \_\_\_\_\_