



TAKING RESPONSIBILITY FOR MY FITNESS & HEALTH PLEDGE

Your first step on the path to better health is to make a commitment to yourself. So, sign the contract below, and you're ready to begin!

I _____, challenge myself to participate whole-heartedly in changing my lifestyle and taking on the responsibility for my fitness & health. I honor this by making healthy food choices every day, making exercise a priority in my daily life, by commit to really following through with this program and by keeping a log of my progress. By doing so, I am improving the quality of my own life and my loved ones' as well by being an example for them.

Show your loved ones you have made the decision to improve your Health and Challenge them to be Next.

1. I understand I am participating in the Body By U Fit Program at my own risk. I will not hold Body By U Fit, LLC liable for any illness/injury occasioned on the premises or as result of my participation in the program. _____ (initial)
2. Any program scheduled dates cancelled by Body By U Fit, LLC due to unforeseen circumstances such as illness/injury etc., will be made up by the company with a "make-up" session. _____(initial)
3. If you miss a session for your personal reasons, you agree that the session must be made up/rescheduled within a 30-day time frame or the session will be lost. _____(initial)
4. I understand I am committing for a three-month time frame and commit to pay these three months, with knowledge there will be no refund. _____(initial)

Injuries/medical conditions that may affect exercise? _____

Date: _____

Signature: _____