

# Welcome To Boot Camp For Women– BBK

*Your Resolution for the New Year!*

Welcome to the **Ultimate Workout Experience!** Experience the camaraderie of people who share similar goals who do more in one hour than most workout programs do all week. With only, **1 hour, 3 days a week, every 4 weeks**, we'll get you back that shape and body you want!

BCFW is one of the best fitness programs in the Tidewater area guaranteed to get you results fast! Look where we've been featured: *News13's "Get Fit" segment with Kathryn Barrett; "Joe's Job", with Joe Flanagan; Hampton RoadsTV.Com; Pilot Online; the Virginian Pilot, the New Journal and Guide, The Link, MIX Magazine and Daily Press News*, newspapers.

My organization also does its share of philanthropic work in the community such as toy drives for **CHKD (News10)** and baby diaper, turkey basket, school backpack drives for **Haven House**, and **ForKids Inc**, which is a homeless shelter for women and kids. More recently, we sponsored and organized a charity event to raise money for fallen **Norfolk Police Officer Seneca Darden's** surviving wife and 5 year old daughter (**News10**, Dec 22<sup>nd</sup>).

I've eliminated every excuse for not working out! You have personal trainers who assist you, free gym membership, and the price is right! **NO EXCUSE!!**

**Regular price - \$135 per person, per 4 weeks. 3 months for \$325!!**

**Personal Training - \$45 per hour**

For details call **Ken** at **855-LIFT**, or go to

**<http://www.myspace.com/mybodybyken>**

**\$10 Off is pre-register at**

**[www.bootcampforwomenandkids.com](http://www.bootcampforwomenandkids.com)**

## **BootCamp For Women-BBK**

Personal Training

And Abs Class

Schedule and Approval Form

### **Congratulations!**

This form is to approve that \_\_\_\_\_ has been accepted in the BBK Inc., 1-on-1 Personal Training/ Abs Class Program. This signed approval form confirms that this Bootcamp Student has met the standard requirements, and has now supervised training, of \_\_\_\_\_ an approved, BBK Instructor.

### **Termination of BootCamp/Abs/1-on-1- Continued Gym Membership**

Once a student discontinues membership in the Bootcamp For Women-BBK/Abs/1-on-1, programs your gym membership is immediately terminated as well, and if the student wishes to continue, as a member Muscle Beach East Gym, you must enroll as a member under their current rates, initiation fees, training fees, etc.

x\_\_\_\_\_

### **BBK Trainer- Instructions for Active and Terminated Students**

All instructors are employees of BBK Inc., and must be approved to train any student participating in a BBK program. Any BBK Instructor, who willfully, trains, or instructs, an enrolled BBK student, or student who has terminated services with BBK Inc, without verbal or written consent, whether it be “on-premise, or off-premise” will be in violation of the gym code of ethics, and will be terminated immediately and will be subject to civil litigation proceedings.

x\_\_\_\_\_

A BBK Instructor cannot train a terminated student of the BBK Inc program, for a period of 1 year, “on-premise, or off-premise” unless he or she satisfies an arrangement set by BBK Inc and the BBK Instructor.

x\_\_\_\_\_

**FEES**

Per Hour: 1 hour of instruction is \$50 per session. **Abs Class, \$12 per session, or \$64 per 4 weeks.**

1-on-1 Training fees “enrolled in Bootcamp” are \$400(off reg. 600) + \$135 bootcamp fee, a session gives you 12 classes, within a period of 4 weeks, includes FULL gym membership.

1-on-1 Training fee without/Bootcamp, are \$500 (off reg. \$600) per session, gives you 12 classes, within a period of 4 weeks, includes FULL gym membership.

Sessions for this student begins: \_\_\_/\_\_\_/\_\_\_/ ending: \_\_\_/\_\_\_/\_\_\_/.

Choose and select the time you would like:

	Mon	Tue	Wed	Thur	Fri
Time:					

**LIABILITY WAIVER:**

*I hereby release, discharge indemnify, and agree to hold harmless BBK Inc. parties free from any and all liability arising out of, or in connection with, my participation in any exercise activities, including all related activities. For the purpose of this RELEASE, liability means all claims, demands, losses, causes of actions suit or judgments of any kind against **BBK Inc/Muscle Beach East Gym**, and its trainers or associates. I assume the risk of personal injury, accidents and or illness, fatigue, and warrant that I am physically capable, healthy, able and willing participate in any BBK Inc. activity. x\_\_\_\_\_*

\_\_\_\_\_ Student Signature

\_\_\_\_\_ Address and Phone

\_\_\_\_\_ Personal Trainer Signature

\_\_\_\_\_ BBK Inc. Approval Signature

# Boot Camp For Women-BBK

## Complete Body Development Questionnaire

Questions and information contained in this form are completely secure and confidential:

Title/Mr. or Ms

Name

Address

City

Email Address

Phone:

Date of Birth:

Age:

Sex:

Height:

Weight:

Weight 1 year ago

Weight at 21 years of age

1. Has your doctor ever said you have heart trouble or any cardiovascular problems?
2. Do you frequently suffer from pains in your chest?
3. Have you ever suffered from a heart attack?
4. Do you experience an irregular or racing heart rate during exercise or at rest?
5. Do you often feel faint or have spells of severe dizziness?

6. Has a doctor ever said that your blood pressure is too high?
7. Do you often have difficulty breathing?
8. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
9. Are you over age 65 and not accustomed to vigorous exercise?
10. Are you diabetic?
11. Are you pregnant?

If you answered YES to any of the above questions, written physician approval is required prior to beginning an exercise program.

12. Date of last complete physical examination:

Results:

13. List any medications you are now taking and the reason for which they were prescribed:

14. List any operations you have had (include date):

15. How many times have you visited a physician or any health care professional during the past year?

16. How many days did you miss from work last year due to sickness or injury?

17. Has any member of your immediate family been diagnosed with Heart Disease, Diabetes, Hypertension, Stroke, Obesity or High Cholesterol? Indicate who and age at time of diagnosis.

18. List any member of your immediate family who's had a heart attack before the age of 60?

19. Indicate any of the following which currently exist or have existed in the past:

Anemia, Artery Disease, Arthritis, Asthma, Back Pain/Injury, Bleeding Trait, Bursitis, Cancer, Diabetes, Dizziness, Epilepsy, Headaches, Gout, Heart Murmur, Heart problem, HIV/AIDS, Hernia, High Blood Pressure, Hypoglycemia, Joint Problem, Kidney Problem, Liver Disease, Lung Disease, Phlebitis, Pregnancy, Rheumatic Fever, Serious Injury, Shortness of Breath, Stroke, Ulcer, Varicose Veins, Weight Problems

20. How would you rate your current eating habits?

21. If you are not satisfied, what changes would you make?

22. How much water do you drink per day?

23. Occupation?

## LIFESTYLE

24. Number of hours worked per week at your job:

25. How do you spend most of your time at work?

Sitting at desk

Walking

Driving

Standing

Carrying loads

other:

26. Do you smoke?

Do you smoke cigarettes?

Do you smoke cigars?

Do you smoke pipes?

How many per day?

Did you ever smoke?

When did you quit?

27. Indicate how you are coping with daily stress on a scale of 1-10:

28. Indicate your energy level on a scale of 1-10:

29. On the average, how often do you get 7-8 hours of sleep?

## HEALTH RELATED BEHAVIOR

30. How many times per week do you engage in moderate or strenuous exercise for at least 20 minutes?

Describe?

How long have you been doing this?

31. Have you ever begun an exercise program and then stopped?

When? Why did you stop?

32. How many times per week do you plan to exercise over the next year?

For how long?

At what intensity?

What times of day are best for you?

33. What would you like to achieve through participation in a fitness program?

34. In order to match you with the trainer who has the personality and the right experience to help you achieve your goals, please indicate what you are looking for in a personal trainer?

35. What is your favorite activity? How often do you do it?

36. List any other factors which might affect your safe participation in a fitness assessment or fitness program:

I heard about Body By Ken Fitness from:

**Confidentiality Agreement and Waiver:** I understand that all information that I supplied to BootCamp for Women, is fully confidential, and its owners are subject to legal liability for any information disclosed without my express legal written consent. Also, I have been cleared by my physician to exercise and by signing this waiver agreement, I hereby release **Bootcamp for Women Inc**, and **Muscle Beach Gym East** for any liability due to any injury caused or brought about by a pre-existing injury, or injuries not directly due in part to the negligence of BCW and its trainers.

---

XX SIGNATURE

## Marketing Survey

- 1) What kind of vehicle do you drive, e.g., suv, car, bike, etc.
- 2) Do you take vacations in the country or out?
- 3) What's your favorite vacation spot in the US?
- 4) What's your favorite vacation spot abroad?
- 5) What kind of music do you listen to e.g., R&B, rap, easy listening?
- 6) What's your favorite restaurant?
- 7) What's your favorite food?
- 8) What's favorite hangout spot (e.g., Waterside, Oceanfront, Club, etc) in Tidewater/Hampton Roads?
- 9) How many cars in your family?