

ADVENTURE BOOT CAMP

PRINTED REGISTRATION FORM

1. Print this form; fill in your information clearly and completely, and sign the release.
2. Choose camp options and payment option.
3. Choose the method to return your forms:

By Mail: Helena Adventure Boot Camp
6004 Woodvale Drive
Helena. AL 35080

OR email: HooverBootCamp@yahoo.com

I am signing up for camp beginning on: _____ Located at _____

My Name: _____ Date of birth (required) ____ / ____ / ____

Address: _____
Street City State/Zip

Home Phone: _____ Cell Phone: _____

Job Title: _____ Work Phone: _____

Email: _____

Emergency Contact Name: _____ Phone #: _____

I rate my current fitness level as a _____ (use scale of 1-10, 10 being highest = elite athlete)

My fitness main goal is: _____

My fitness goal in this camp is: _____

How did you hear about boot camp? _____

If by Referral please provide their name: _____

Payment Options (check one)

- Check or money order is enclosed (made out to Rodney Golden)
- Credit Card Authorization form is attached (*copy of if faxed prior*)
- I paid online using PAYPAL

Attendance Options (check one):

- 5 days per week (\$299)
- 3 days per week (\$199)
- Nutrition Package added on (+ \$129)

Office Use Only:

Amount paid: _____

Form: _____

Reason: _____

ADVENTURE BOOT CAMP

MEDICAL HISTORY QUESTIONNAIRE

All "YES" answers require a written explanation on the next page

| QUESTION | YES | NO |
|--|--------------------------|--------------------------|
| 1 Are you allergic to any medication (aspirin, penicillin, sulfa, etc.)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Do you take any prescribed medication on a permanent or semi-permanent basis? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Do you have a seizure disorder (epilepsy)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Do you have diabetes; Type I (IDDM) or Type II (NIDM)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Have you ever been found to be anemic (low blood count)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 Do you have High Blood Pressure (hypertension)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 Do you have or have you ever had Heart Disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Do you have or have you ever had Lung Disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 Do you have or have you ever had Kidney Disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 Do you have or have you ever had Liver Disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 Do you have or have you ever had asthma? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 Do you have or have you ever had severe neck injury? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 Have you ever had been knocked out? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 Have you had a broken bone or fracture in the past 2 years? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15 Do you wear glasses or contact lenses? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16 Have you ever injured your back? | <input type="checkbox"/> | <input type="checkbox"/> |
| 17 Do you have back pain? If YES, circle the best answer below. <div style="display: flex; justify-content: space-around; margin-top: 5px;"> Almost Never Seldom Occasionally Frequently with vigorous exercise or heavy lifting </div> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18 Have you had knee pain in the past 2 years that has disabled you for longer than a week? | <input type="checkbox"/> | <input type="checkbox"/> |
| 19 Do you have other physical conditions, which cause pain? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 Have you had any surgical procedures? | <input type="checkbox"/> | <input type="checkbox"/> |
| 21 Have ever had your body fat tested? | <input type="checkbox"/> | <input type="checkbox"/> |
| 22 Are you training for a specific event? | <input type="checkbox"/> | <input type="checkbox"/> |

If you are unsure about the definition of any terms in this form, please call us to clarify. Do not assume.

ADVENTURE BOOT CAMP

Informed Consent, Waiver, and Release Agreement

This waiver and release is entered into between the undersigned and Helena Adventure Boot Camp / Inc. its instructors, officers, affiliates, and executors.

The purpose of the Adventure Boot Camp Program offered by Rodney Golden. is to provide fitness instruction and coaching for various levels of athletes/individuals.

The undersigned hereby acknowledges that the following was explained to me and/or agree to the following:

1. Acknowledges that the instructor is not a physician and is not trained in any way to provide medical diagnosis or any other type of medical advice.
2. Acknowledges that coaching/training is another tool for teaching athletes/individuals about themselves, but Adventure Boot Camp and True North Pioneering, Inc. does not guarantee neither good nor bad will occur, nor guarantees the training advice given by Adventure Boot Camp and True North Pioneering, Inc. or its instructors will produce good nor bad results.
3. Acknowledges that the undersigned has been told if they feel tired, feel pain or feel out of the ordinary in any way either related to your training, or otherwise, that the undersigned should contact a physician at once.
4. Acknowledges that boot camps, aerobic classes, martial arts, kick boxing, running, kung-fu, weight training, obstacle courses, and any other related sports are an extreme test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury and death. That the undersigned assumes the risks of participating in these types of events and activities, that they are fit, and they have a regular medical physician they can contact regarding any medical problems that they might develop.

The undersigned expressly waive, release, discharge and agree not to sue from any liability of death, disability, personal injury, or action of any kind Helena Adventure Boot Camp, its instructors, officers, affiliates, and executors for the undersigned participating in said sporting events and/or training for said sporting events.

The Undersigned agrees that this is the full agreement between the parties, that no representatives of Helena Adventure Boot Camp or nor anyone else has verbally contradicted any of the terms of this release and that the undersigned has entered into this agreement free and voluntarily without force or coercion.

PERFORMANCE PLEDGE

In the spirit of harnessing your best effort and providing optimum results from your Boot Camp experience, we have established the following policies to which you will need to adhere. Please read and initial each one.

_____ I agree that I will not consume alcohol during the month of Boot Camp.

_____ I agree not to use foul language during Boot Camp.

_____ I agree not to eat or say the words Twinkie, Donuts, Ho-Ho's, Ding Dong, or Cup Cake during the course of Boot Camp.

_____ I agree to show up for Boot Camp every day unless it is an excused absence from my doctor or pre-approved with Boot Camp directors.

_____ I will arrive at camp ON TIME.

*(Any violation of the above statements **will** result in twenty push-ups per occurrence.)*

_____ I understand that photos or video may be taken during the course of my involvement in Boot Camp, which may be used for promotional purposes. I understand that my "before & after" photos will not be used for any promotional purposes unless I give written authorization.

Signature

Printed Name

_____/_____/_____
Date

Referrals are the bloodline of my business. Word of mouth speaks volumes for me! Not only do you help someone reach their goals but you get a \$50 credit for giving away something FREE!

Guarantee "Hassle Free" Referrals: each referral receives a Free Workout and if they join you get a \$50 credit to your boot camp account.

Name:

Number:

1. _____
2. _____
3. _____



Eat to Lose Pounds of Fat Fast!

Lose inches fast with this 7-day healthy eating plan

Fit back into your jeans faster: Trainer Jay Cardiello created this seven-day eating plan to help his celebrity clients achieve their lean Hollywood looks. The idea is to switch up your carb intake throughout the week—alternating low-carb days with moderate days—to keep your metabolism humming and lose fat fast. Plus, you'll always feel full and have energy to spare.

DAYS 1 and 2

Breakfast

Omelet with 4 egg whites, 1 whole egg, 1/4 c minced broccoli or asparagus, 1 tsp shredded low-fat cheese
1 c plain coffee or green tea
12 oz water

Snack

1 c plain nonfat or lowfat Greek yogurt and 6 cherries

OR

12 oz protein shake with 1 scoop protein powder
20 oz water

Lunch

6 oz grilled chicken breast
3 c dark green lettuce with 2 Tbsp light or low-fat dressing
1/2 c steamed broccoli, asparagus, green beans, peas, or carrots
20 oz water

Snack

12 oz protein shake

OR

Apple or banana with 1 Tbsp natural peanut butter
20 oz water

Dinner

8 oz grilled chicken, lean beef, turkey, or bison burger (no bread/bun)
1/2 c steamed broccoli or asparagus
3 c plain lettuce with 2 Tbsp fat-free dressing, lemon juice, or balsamic vinegar
20 oz water

Snack

1 c cottage cheese with 1/4 c mixed berries or 6 cherries

DAYS 3 to 7

Breakfast

Omelet with 4 egg whites and minced asparagus and 1 slice plain whole-wheat toast

OR

12 oz protein shake and 1 apple with 1 Tbsp natural peanut butter

1 c green tea

12 oz water

Snack

1 c plain nonfat or lowfat Greek yogurt with 1/2 c mixed berries or 6 cherries

OR

8 almonds

20 oz water

Lunch

Pick one: Small sweet potato, 1/4 c brown rice, 1 slice whole-wheat pita or bread

WITH

Pick one: 6 oz tuna in water; grilled chicken, tuna or turkey; turkey or Boca burger (no bread or bun)

2 c plain lettuce with 2 Tbsp lemon juice or low-fat balsamic vinaigrette

1 c broccoli with 2 Tbsp honey mustard

20 oz water

Snack

Apple with 1 Tbsp natural peanut or almond butter

20 oz water

Dinner

Pick one: 6 oz sirloin steak, lean beef, grilled chicken or turkey; 8 oz tuna, salmon, or freshwater fish

WITH

1/4 c steamed brown rice

3 c lettuce with 2 Tbsp fat-free dressing

1/2 c mixed vegetables or 1 c broccoli

2 Tbsp honey mustard

20 oz water

Snack

1 c plain nonfat or lowfat Greek yogurt with 1/4 c berries

OR

1 c nonfat cottage cheese with 1/4 c berries