



## Lee Haney's 60 Day Weight Loss Challenge

I, \_\_\_\_\_, do agree with **Lee Haney's 60 Day Weight Loss Challenge** that I will begin the following **60 Day Weight Loss Challenge** program as of \_\_\_\_\_ 2014.

1. I will participate in an exercise program on **Monday, Wednesday, and Friday** of each week. The exercise program may consist of the exercise programs mentioned on the **Lee Haney's 60 Day Weight Loss Challenge download** which was made available to me via email (if you have not received your downloads, please contact Lee at [leeinfo@leehaney.com](mailto:leeinfo@leehaney.com)). I understand that I have the option of participating in group, individual, or couple training sessions.
2. I will record in writing my chosen exercise program and comments, on a daily log which was made available to me via email (if you have not received your downloads, please contact Lee at [leeinfo@leehaney.com](mailto:leeinfo@leehaney.com)).
3. I will use the documented information to discuss any concerns that I maybe have via e-mail at [leeinfo@leehaney.com](mailto:leeinfo@leehaney.com).
4. I agree to listen to the supportive information on **Lee Haney's 60 Day Weight Loss Challenge** that is broadcast on Fit4Life Radio every Thursday at 1:00pm EST. The radio show will address questions that will help me get beyond sticking points and also offers a wealth of information to assist me in dealing with weight loss, exercise, and nutrition.

### WHEREAS

**Lee Haney's 60 Day Weight Loss Challenge** has made a commitment to help me reach my fitness goals. As a participant, I \_\_\_\_\_ will also commit to following the knowledge and exercise agenda set forth by the signing of this binding document.

### WHEREAS

I understand that I am participating **Lee Haney's 60 Day Weight Loss Challenge** at my own risk. I agree to hold Lee Haney and all his business entities and affiliates free of any liabilities or injuries that may result from my participating in the **Lee Haney's 60 Day Weight Loss Challenge**.

(Signed)

(Date)

(Witness)