

Sports Academy's
90 Day Transformation –Choice Challenge
Weigh In's will be Saturday March 12th!

Registration Deadline is Saturday March 5th @ 5:00pm!!
No Exceptions!!

Please Read Carefully and Write Legibly!!!

1. Basic Registration Information:

Last Name: _____ **First Name:** _____ **D.O.B:** ____/____/____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Day Phone: _____ **Evening Phone:** _____ **Occupation:** _____

Email Address: _____ **Sports Academy Member? Y/N**

2. Physical Activity Readiness Questionnaire (PAR-Q)

please circle one.

- | | | |
|--|-----|----|
| 1. Has a doctor ever said you have a heart condition and recommended only medically supervised 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 a 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 experience or been warned by a doctor, or any other physician, 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 above questions, please answer the following questions:

- | | | |
|---|-----|----|
| 8. Have you consulted with your physician regarding increasing your physical activity and/or performing a fitness assessment? | Yes | No |
| 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 |

3. Pre-Exercise Questionnaire

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|--|--------------------------|
| 1. Current Resting Heart Rate: _____ bpm Current Cholesterol Level: _____ Current Blood Pressure: _____/_____ | |
| 2. What is your main reason for exercising? Change Appearance Enhance Sports Performance Improve Health and Daily Activity | |
| Why? _____ | Why Now? _____ |
| 3. Do you have a time frame in mind for accomplishing your health and fitness goals? _____ | If so, what is it? _____ |
| Why? _____ | |
| 4. Does your job require any of the following? | |
| 1. Prolonged sitting or driving 2. Moderate movement 3. Heavy lifting 4. Repetitious behind, lifting or twisting 5. Night shift | |
| 5. Are you currently participating in an exercise program? | Yes No |
| 6. Are you currently participating in a structured resistance-training program? | Yes No |
| If so, how long consistently? < 3 months 3 months to 1 year > 1 year | |
| 7. Do you know how to maximize your time resistance training? | Yes No |
| 8. Are you currently participating in a structured cardio respiratory program? | Yes No |
| If so, how long consistently? < 3 months 3 months to 1 year > 1 year | |
| 9. Do you know how to maximize your time cardio respiratory training? | Yes No |
| 10. How many days a week is it realistic for you to be working out at the gym? | 1 2 3 4 5 x per week |
| 11. How many times per day do you normally eat? | 1 2 3 4 5 x per day |
| 12. Do you know how many calories you should be eating to reach your goal? | Yes No |
| If yes, how many and why? _____ | |
| 13. Are you currently taking a multivitamin or any other type of food supplement? | Yes No |
| If yes, what are you taking and why? _____ | |
| 14. Would you like to know exactly what supplements would be beneficial in attaining your goals? | Yes No |

Please Read Carefully!

Terms and Conditions

1. Sports Academy's 90 Day Transformation

Registration deadline is **Saturday March 5th at 5:00 pm**. Upon receiving all applications, weigh ins, measurements, and pictures will be taken with each participant at the initial weigh in. Weekly weigh ins will be every Thursday from 8am to 8pm in the membership office. Additional measurements or tracking may be scheduled with your personal trainer.

How to Become Qualified:

Participants may pick up registration form and assessment form at Sports Academy & Racquet Club or online at www.sportsacademy.com. Participants must complete form, **including visiting their physician if they answer yes to 1 or more questions in the Par Q above**, and return to Sports Academy & Racquet Club no later than **Saturday the 5th at 5:00 pm**. Participants or legal guardian must sign all forms. Upon receiving all registration forms a Sports Academy & Racquet Club representative will contact participants with further details about the transformation.

2. Participants Will Receive:

- a.** This competition is for members and non members and the prices are as follows:
 - i. Member = \$99 Non-Member = \$149 (All Access members will only pay \$9)**
 - ii.** Each participant will receive a choice of the 3 nutritional programs, unlimited All Access classes, 2 one-on-one personal training sessions, Access to the scheduled challenges, training accountability through texts, emails, phone calls, check in monitoring, etc...
 - iii.** Weekly Weigh in's will be held on Thursday's from 8am to 8pm in the membership office
 - iv.** Participation Points will be awarded by; checking in to the club, going to the challenges, showing up at weigh ins, and any other means designated by your group trainer throughout the transformation. Secondary prizes will be given to the individual with the most participation points.
 - v. Prizes:**
 - 1st Place Winner – 6 Month Individual Membership Credit, 1 hour Massage, All Access free for 1 year, 10 personal training sessions, \$500 supplement package from Nutrishop!**
 - 2nd Place Winner - 3 Month Individual Membership Credit, 1 hour massage, All Access free for 3 months, 5 personal training sessions, \$250 supplement package from Nutrishop**
 - 3rd Place Winner – 1 Month Individual Membership Credit, Half hour massage, All Access Free for 1 month, 2 Free training sessions, \$250 Supplement Package from Nutrishop.**
 - vi. Other Prizes Given throughout the challenge**

3. Cost:

- a. The Sports Academy's 90 Day Transformation registration fee is \$99 for members and \$149 for non-members.**
- b. Individuals may also be sponsored by another individual or business.**

4. Participants Agree To The Following:

- a.** Participant must follow all exercise and fitness guidelines set forth by personal trainer:
- b.** Participants will not participate in unhealthy weight loss programs.
- c.** Participant must attend each weigh in set up by the group's personal trainer and be in weigh in attire. Participant agrees that by missing any weigh in will decrease in participation points and limit the chance of winning the secondary prize(s)
- d.** Sports Academy & Racquet Club will document all results and outcomes on a daily and weekly basis. Starting with beginning measurements and statistics. These results and findings will be compiled for analysis, findings to be used for in club marketing.
- e.** Participants agree to take Beginning Photos and After Photos to be used by Sports Academy & Racquet Club.
- f.** Participants agree to allow Sports Academy & Racquet Club to use their name(s) for promotional purposes in newspaper, TV, website, and radio campaigns.
- g.** The Sports Academy's 90 Day Transformation is also a competition. SARC is promoting health weight loss and a healthy life style, but included in this you have the chance to win the prizes listed above depending on participant sign ups. Prize amounts may increase or decrease based on participant registration (SEE item 3 iv)

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Sports Academy's 90 Day Transformation

5. Participant accepts full responsibility for use of Sports Academy & Racquet Club, Inc., and Academy Fitness, Inc., its equipment and services. I also attest that I am physically able to undertake any and all physical exercise that I may perform at Sports Academy & Racquet Club, Inc., Academy Fitness, Inc. facilities and agree to hold harmless Sports Academy & Racquet Club, Academy Fitness Inc., its agents, affiliates and employees from any and all liability for any claims, injuries, damages, action or causes of action, whatsoever, arising to myself or my property or of such usage of the Sports Academy & Racquet Club, Inc., Academy Fitness, Inc. facilities.
6. No Refunds or Credit will be given after paying the registration fee for the Sports Academy's 90 Day Transformation.

Signature of Applicant

Date

Printed Name

Doctor or Physician Signature

Date

Printed Doctor or Physician Name

Additional Info For Trainers

1. What is your main goal? _____
2. Do you have past injuries or health issues? _____
3. What is the best days and times for you to meet with your trainer? _____

Please Fill out next page and choose 1 of the 3 nutritional programs!

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Nutritional Choice Challenge

The best nutrition program is the one that you can stick to! With this Transformation you will get to choose from the 3 different nutritional programs listed below. Each program will be led by a different trainer/dietitian/nutritionist and there will be separate meetings to go over the details and phases of each program. You will be required to follow the chosen plan for at least 30 days, and if you are unhappy with your results you may switch plans. Again...you may only switch plans every 30 days. If you are getting great results, we encourage that you stay on the program for remaining phases!

To switch plans you must let Heather Clayton know 1 week in advance to the month's end and you can contact her here at the club or through her email: hkohler.clayton@gmail.com

Please choose 1 of the following plans below:

☐ **The Emulsifier**

If you are looking for a no nonsense plan that will melt fat, decrease inflammation, heal your stomach, decrease blood pressure and more....This plan is for you! No counting calories, no hard to follow meal plans, just straight forward strategies that work! This plan may be too extreme for some but if you finally want to change your behaviors and reach your goals....Let's do this!

☐ **Lean, Mean, Clean Protein Plan**

Let's make it simple! This is an easy to follow program that will tackle the basics of fat loss. Learn how to manipulate your calories while utilizing the power of protein to take your body to the next level. This realistic & sustainable plan will contribute to overall wellbeing and get you looking your best by supplying a variety of recipes and easy to make meals to keep you on track.

☐ **Food on the Fly**

Let's face it....LIFE IS CRAZY! If you are a busy mom, a swamped business man, an overloaded student, or just can't seem to find enough time to get in shape, this plan is for you! This 3 phase program will have you dropping fat in no time by providing family friendly, easy to prepare meals for those that are "on-the-go!"

Remember....Each program consists of 3 phases. If you are unhappy with your results from the chosen program you may switch programs every 30 days or you can stick to the chosen program and finish all 3 phases!

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