

## Sizzlin' Summer Slimdown Contest Agreement

I \_\_\_\_\_ understand and agree to the following conditions to participate in the Get Fit NH Bootcamp Sizzlin' Summer Slimdown Contest:

I will provide/allow a before photos in workout clothes to be taken on the first training day of the week the contest starts.

I will provide my starting weight logged in on our scale, in training clothes, at the same time my photo is taken.

I will take an after photo and participate in the final weigh-in

### Positive Mental Attitude Requirement:

You must bring a positive mental attitude to this program. This very well may be the most challenging experience of your life but that is why it WILL be the most rewarding. We absolutely love what we do and we will not be outworked in providing you the most rapid and lasting fat loss around. We are going to be doing whatever it takes to help you realize your physical dreams and we expect this same dedication and commitment from you as well.

By signing the contract below, you acknowledge all of the requirements laid out by Get Fit NH Bootcamp to be considered AND to remain eligible for this contest.

***Don't Take This Lightly:*** for you lucky clients who sign below, this may be the most important signature of your life. Don't regret missing this opportunity to transform your health and fitness and more importantly... **TO MAKE IT HAPPEN!**

**Name of Willing Participant:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**I hereby agree to meet all the requirements while competing in the Summer Sizzlin' Slimdown**