

101 Private Studio, Inc.
ONLINE FITNESS AND
WEIGHT LOSS COACH
Raymond, ME. 04071
trainmeglenn@gmail.com
(207) 653-9933

~ONLINE REGISTRATION FORM~

Instructions: Please fill out all fields, while tabbing through them in order. When completed, choose "Save As" in "File" drop down, and name form with your first and last name. After file has been saved with your name, send to: trainmeglenn@gmail.com

Personal Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Profession: _____ Date of Birth: _____

Home Phone: _____ Work: _____ Cell: _____

Emergency contact: Name: _____ Phone: _____

Your E-mail Address: _____

Would you like to receive our Biweekly Newsletter full of fitness and nutrition ideas? Yes No

Self Assessment & Additional Information

I rate my current fitness level as (Choose): low ⇐ 1 2 3 4 5 6 7 8 9 10 ⇒ high

How did you hear about us? Web site Google Search Friend Referral Postcard

I was referred by (If Applicable): _____

Please Answer the Following

1. What are you looking to do? _____

2. What part of your body would you like to change? _____

3. What is your biggest frustration? _____

4. What is your biggest obstacle you have to overcome to achieve your goal? _____

5. What do you like most about having a Personal Trainer/Coach? _____

What percentage do you need?

Please answer the questions below honestly!

What you really crave, how your body really responds!

Yes Sometimes No

1. For breakfast do you prefer bacon, eggs & toast or a cheese omelette rather than French toast, cereal or pancakes.
2. At a buffet table do you prefer mostly meat, chicken and fish rather than pasta, rice, potato or vegetables?
3. In your opinion, does cheese & crackers or peanut butter & crackers taste better than jam & crackers?
4. Do you feel tired and irritable if you miss a meal?
5. Do you like to snack on cheese or nuts?
6. Do you prefer fatty cuts of meat over lean cuts?
7. Do you feel that your meal is incomplete without a reasonable portion of meat?
8. Do you like olives?
9. Do you like broiled lamb chops or pork chops with your dinner?
10. Do you like mustard, catsup or steak sauce on your burger?
11. Do you enjoy eating most raw salad or vegetables items?
12. Do you enjoy most fruits and fruit juices?
13. Do you often get hungry late in the evening?
14. Do you enjoy salmon or prime rib?
15. Do you have one or more bowel movements every day?
16. Do you have sudden mid-morning or mid-afternoon drops in energy level?
17. When you have your meal do you usually eat your meat items first?
18. Do you feel you must have at least 3 meals per day?
19. If you eat meat do you prefer to have it rare as opposed to well done?
20. Would lettuce, cottage cheese and fruit satisfy you for lunch?

RELEASE

Notice: It is wise to seek your doctors advice before beginning any health/fitness/nutrition program! This release is entered into between the undersigned and 101 Private Studio, Inc. Online Fitness and Weight Loss Coach, it's officers, subsidiaries, affiliates, and executors in addition to the City of Maine. The purpose of 101 Private Studio, Inc. is to provide fitness instruction and coaching for various levels of athletes / individuals. The undersigned hereby acknowledge that the following was explained to me and / or agree to the following:

1. Acknowledges that 101 Private Studio, Inc. is not a physician and is not trained in any way to provide medical diagnosis, medical treatment, or any other type of medical advice.
2. Acknowledges that coaching / training is another tool for teaching athletes / individuals about themselves, but that 101 Private Studio, Inc. does not guarantee neither good nor bad will occur nor guarantees the training advice given by Glenn Hutchinson / Janice Hutchinson including 101 Private Studio, Inc. 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 / activities including the elements of a natural environment, 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 101 Private Studio, Inc., Online Fitness and Weight Loss Coach 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 101 Private Studio, Inc., Online Fitness and Weight Loss Coach including Glenn Hutchinson / Janice Hutchinson nor anyone else has not 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. Customer client agrees to confidentiality with respect to 101 Private Studio, Inc., Online Fitness and Weight Loss Coach and all services provided by same. The undersigned agrees to refrain from disclosing, directly or indirectly, any and all aspects of 101 Private Studio Inc., Online Fitness and Weight Loss Coach. The undersigned agrees to a non-compete business within a 50 mile radius of Raymond, Maine for a period of 5 years from date of participation.

Agreement Signature: _____ Date: _____

**Please note that your typed, inserted, signature, on the above line, will be will be legally binding as if it were your own "handwritten" signature. I also represent that the typed signature above is my own actual name.*