



Personal Information:

Name: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Emergency phone: \_\_\_\_\_

Relationship to emergency contact: \_\_\_\_\_

Liability Waiver:

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in physical activity with Daniel Martinez/IM1 Personal Training.

Having such knowledge, I hereby release IM1 Personal Training, their representatives, agents, and successors from liability for accidental injury or illness which I may incur as a result of participating in the said physical activity. I hereby assume all risks connected therewith and consent to participate in said program.

I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in said fitness program.

Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_