



## Medical Release Form

Are you allergic to any medication ( Aspirin, Penicillin, Sulfa, etc.)?

Medications allergic to:

Do you take any prescribed medication on a permanent or semi-permanent basis?

Permanent/Semi-Permanent medications:

Do you have a seizure disorder ( epilepsy )?

Epilepsy Medications:

Do you have diabetes ( adult or juvenile )?

Have you ever been found to be anemic ( low blood count )?

Do you have High Blood Pressure (hypertension)?

Hypertension Medications:

Do you wear glasses or contact lenses?

Do you have asthma?

Asthma medications:

Do you currently smoke cigarettes?

Do you have an abnormal resting EKG?

Have you ever had a severe neck injury? Describe:

Have you ever been knocked out? Describe:

Have you had a broken bone or fracture in the past 2 years? Describe:

Do you have back pain?

Have you had knee pain in the past 2 years that has disable you for longer than a week? Describe:

Do you have other physical conditions which may cause pain? Describe:

Detail any surgical procedures:

What are your goals for the next three months?

Body Fat Percentage:

Have you ever been under the guidance of a psychologist? If so, for what reason?

Is there any other condition that Wendy Yazujian may deem as an unreasonable risk to client's health?

I agree not to eat or say the words Twinkie, Donuts, Ho-Hos, Ding Dong or Cup Cake during the course of Boot Camp. Any violation will result in twenty push-ups per occurrence.

I agree to show up for Boot Camp every day unless it is an excused absence from my doctor or pre approved with Boot Camp directors. Any violation will result in twenty push-ups per occurrence.

I understand that photos or videos may be taken during the course of my involvement in Boot Camp which may be used for promotional purposes.

I understand there is no refund policy, but I can receive a credit (for unused portion of camp ) towards a future camp if I'm not able to complete the one I originally joined ( sickness or death in family ).

I will remember to set my alarm and be at camp on time.

I understand that diet and nutrition will affect my fitness goals and performance during boot camp.

I will bring a positive attitude and promise to give boot camp 100%.

Electronic signature :

Date:

I agree to all terms and conditions listed above: