



**FIT PLUS: FIT & FIERCE
FITNESS CHALLENGE 2012**

Reach Your Fitness Goals! Transform Your Body!
February 18, 2012 – April 18, 2012

Please fill out this entry form and submit it to the Solão Fitness front desk staff with the appropriate Challenge registration fee.

· \$149 for Annual Membership Members · \$249 for Non-Members

**Receive a \$25 discount if registration is received by February 17th*

**Solão Fitness and Dance Studio
1800 N. Western Ave. Chicago, IL 60647**

Name (First & Last): _____

Address: _____

Date of Birth: _____

Email address: _____

Phone Number: _____

Cell Number: _____

Emergency Contact: _____

How did you hear about the Fit Plus Program:

** Please note that Prenatal Mothers are eligible to participate for life coaching purposes, but will not be permitted to compete in any weight loss or body fat challenges.*

WAIVER FOR PICTURE TAKEN

I am willing to have my picture taken and posted on the Solão Fitness website, along with my name and statistics. Solão Fitness shall have the right to use my appearance and biographical information in any and all media.

Signature: _____

This competition is open to all current and new Solão Fitness participants, and is in no way associated with the any other weight loss or lifestyle program or competition.

FIT PLUS: FIT & FIERCE FITNESS CHALLENGE 2012

NAME: _____ DATE _____

I agree to all conditions stated in the Fit Plus Challenge guidelines. I will follow all rules made and directions given by Solão Fitness and each of its respective agents, representatives, and employees in connection with the activity.

I understand that the winners chosen will be at the sole discretion of Solão Fitness and all decisions will be final. Weight loss winners will be chosen holistically based on weight loss, body fat loss, changes in BMI, nutritional intake, lifestyle changes, and Fitness/Nutrition Logs submitted.

Overall Points Accumulation winners will be chosen based on the number of points accrued and recorded during the entire Challenge and will be based on activities completed and logged as well as nutritional intake, lifestyle changes, and Fitness/Nutrition Logs submitted. Weight loss is not a determining factor in overall point accumulation, although activities that may aid in weight loss are counted toward the overall point tally.

I represent and warrant that I am in good health and that I have no medical, physical, or emotional condition that might interfere with my ability to engage in activity.

I represent and warrant that I am not under the influence of any medications, drugs, or other substance that might impair my physical or mental ability to engage in this activity or that might impair my judgment while engaging in activity.

I understand that I will not be paid any money or given any other consideration for signing this agreement.

MY PARTICIPATION IN THIS ACTIVITY IS AT MY OWN RISK. I FULLY RELEASE AMBERMOON FITNESS LLC, SOLÃO FITNESS + DANCE STUDIO, CYAN FITNESS, THEIR RESPECTIVE AGENTS AND HEIRS, AND ALL OTHERS CONNECTED WITH THIS PROGRAM FROM ANY AND ALL LEGAL LIABILITY FOR CONSEQUENCES RELATED TO MY INVOLVEMENT IN THE FIT PLUS CHALLENGE.

I will participate in bi-weekly weigh-ins and workshops. I understand that strenuous exercise and dietary changes may be hazardous for persons who are overweight, have high blood pressure, are over 30, have undiagnosed health problems, or have not participated in a regular exercise program. I further understand that Fit Plus 6 Challenge participants are encouraged to consult their physician before taking part in this program or before making any changes to dietary and exercise routines.

I have read the above statements and agree to follow them.

Signature: _____