



# BOOTCAMP 619

## PERSONAL TRAINING HEALTH AND FITNESS ASSESSMENT

### PERSONAL INFORMATION

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Male:  Female:

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

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

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Dr. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

### PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

- Has a doctor ever said you have heart trouble? \_\_\_\_\_
- Do you often feel faint or have spells of severe dizziness? \_\_\_\_\_
- Do frequently suffer from pains in your chest? \_\_\_\_\_
- Has a doctor ever told you that your blood pressure was too high? \_\_\_\_\_
- Do You have any bone or joint problems? \_\_\_\_\_
- Is there a good physical reason not mentioned here why you should not follow an activity program?  
\_\_\_\_\_
- Are you currently taking any type of medication? \_\_\_\_\_
- Have you consulted a Physician regarding increasing your physical activity and/or having a fitness evaluation? \_\_\_\_\_
- If no to question 8 will you consult your physician prior to increasing your physical activity?  
\_\_\_\_\_

Physician Release Form/Doctors note requested on \_\_\_\_\_

Signature: \_\_\_\_\_

*I certify that the above statements are true and correct.*

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

Physician Release Form/Doctor's note received on \_\_\_\_\_

Heart Condition	YES	NO
Diabetes	YES	NO
Asthma (Uncontrolled)	YES	NO
Shortness of breath	YES	NO
Arthritis	YES	NO
Rheumatism	YES	NO
Hernia	YES	NO
Recent Surgery	YES	NO
Epilepsy	YES	NO
Angina	YES	NO
High Blood Pressure	YES	NO
Knee Problems	YES	NO
Shoulder Problems	YES	NO
Back Problems	YES	NO
<i>(Specify) Cervical Thoracic Lumbar</i>		

### GOAL ASSESSMENT

Goal: \_\_\_\_\_

Secondary Goal: \_\_\_\_\_

Years at present weight: \_\_\_\_\_ Highest/Lowest weight: \_\_\_\_\_

Have you ever participated in any weight loss / weight gain program? \_\_\_\_\_

When would you say that you were in the best shape of your life? \_\_\_\_\_

What activities were you involved in at that time? \_\_\_\_\_

How would you grade yourself on your eating habits? **A B C D F** How many times a day do you usually eat? \_\_\_\_\_

Do you know how many calories you consume a day? \_\_\_\_\_

Do you feel drops in your energy levels throughout the day? **Yes No** If yes at what time or times during the day? \_\_\_\_\_

Are you taking a multivitamin or any other supplements? \_\_\_\_\_

Have you ever used meal replacement drinks or bars? \_\_\_\_\_

Have you ever worked with a Nutritionist or a Certified Personal Trainer? \_\_\_\_\_

Are currently doing cardiovascular/cardiorespiratory exercise? \_\_\_\_\_

What types? \_\_\_\_\_ How long? \_\_\_\_\_ How often? \_\_\_\_\_

Have you ever participated in any type of resistance training program? \_\_\_\_\_

Realistically how many days does exercise fit into your lifestyle per week? \_\_\_\_\_

Where do you rate health as a priority in your life? **Low Priority 1 2 3 4 5 High Priority**

How committed do you feel to improving your health and working toward your goals? **Not Committed 1 2 3 4 5 Committed**

Do you have a time frame in mind for achieving your goals? \_\_\_\_\_

Do you have an exact plan for achieving your goals? \_\_\_\_\_

Do you consume alcohol? \_\_\_\_\_ Do you smoke cigarettes? \_\_\_\_\_

Do you drink coffee? \_\_\_\_\_ Do you drink soda pop? \_\_\_\_\_

How much water do you drink a day? \_\_\_\_\_



# BOOTCAMP 619

## CHRIS KEITH CONSULTING LLC RELEASE OF LIABILITY

By signing below, you agree, warrant and covenant as follows:

### **ASSUMPTION OF RISK, RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT ("Agreement")**

In consideration of being allowed to participate in any way in one or more Chris Keith Consulting LLC programs, related events and activities (referred to herein as a "Chris Keith Consulting LLC activity" or "Chris Keith Consulting LLC activities" as the context requires), I acknowledge, appreciate, and agree that:

**General.** Risks of Chris Keith Consulting LLC include, but are not limited to, injury to the head, neck or spine; injury to muscles, bones, ligaments, tendons and other connective tissues; injury to internal and external organs, loss of or damage to sight, hearing, or teeth; long or short term disability; loss of income, career opportunities or the enjoyment of life and; pain, and scarring or disfigurement. The causes of possible injury are many, including but not limited to: injury from bodily contact, incidental or inherent in the nature of the activity; slipping and falling or tripping on surfaces, regardless of physical or environmental conditions; injury from warming up, practicing or training for participation; injury due to supervision or lack of supervision by Chris Keith Consulting LLC employees or agents, including referees or officials, or to rules or regulations and instructions (or lack thereof) regarding the use of equipment or tools or to the nature of the activity itself, particularly in activities involving contact (or potential contact) with other persons, equipment or balls; or injury due to a disparity among other participants or teams with respect to experience level, strength, height, weight, age, ability, and the relative competitiveness or maturity of, between or among other participants and; malicious acts of other participants, regardless of whether Chris Keith Consulting LLC had or should have had knowledge of the likelihood of malicious acts by such participant. The risk of injury from many of the activities is significant, including the potential for permanent paralysis and death, and while particular skills, rules, equipment, and personal discipline may reduce this risk, the risk of serious injury cannot be eliminated.

**Assumption of Risk.** I KNOWINGLY AND FREELY ASSUME ALL RISKS RELATED TO OR ARISING OUT OF ANY Chris Keith Consulting LLC ACTIVITY, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES (as defined in the next paragraph) or others and assume full responsibility for my participation.

**Release from Liability.** I, for myself and on behalf of my heirs, assigns, personal representatives, next of kin and whomever else may have an interest either at common law or by operation of statute, HEREBY RELEASE, WAIVE, RELINQUISH, DISCHARGE AND COVENANT NOT TO SUE Chris Keith Consulting LLC, its officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the Chris Keith Consulting LLC Activity ("Releasees"), FROM LIABILITY FROM ANY AND ALL CLAIMS FOR ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, SUSTAINED AS A RESULT OF, ARISING OUT OF OR RELATED TO ANY Chris Keith Consulting LLC ACTIVITY, to the fullest extent permitted by law.

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## CHRIS KEITH CONSULTING LLC RELEASE OF LIABILITY

**Indemnity.** I further agree to indemnify, defend, save, and hold harmless the Releasees from and against any and all claims, demands, liabilities, damages, actions, causes of action, losses, injuries, costs, or expenses, including attorneys' fees, arising out of or in any manner connected with my participation in any Chris Keith Consulting LLC Activity, except to the extent caused solely by the willful misconduct of the Releasees. I acknowledge that the agreements made herein were and will continue to be a material and important consideration and inducement to Chris Keith Consulting LLC's admittance of me to any Chris Keith Consulting LLC Activity.

**Representations and Warranties.** I represent and warrant I am in good physical condition and able to safely participate in any Chris Keith Consulting LLC Activity in which I participate. I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately. I will not exceed my physical abilities during any Chris Keith Consulting LLC Activity. I acknowledge that Chris Keith Consulting LLC has made no recommendations or determinations as to my fitness or ability to participate in any Chris Keith Consulting LLC Activity. I represent and warrant that I shall periodically and as needed consult with my physician, and shall not engage in any activity which is more rigorous than that recommended by such physician. I further agree that I will not use any equipment unless and until I have thoroughly familiarized myself with the correct use and operation thereof. I further agree that I shall not participate in any activity if I am ill, in poor health, or have any condition which might make my participation in the activity dangerous to me or if I have reason to believe I am injured or may become injured. I represent and warrant to Chris Keith Consulting LLC that I have full legal authority to complete this registration process and agree to this Agreement.

**Severability.** I expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by the law of the State of California, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I HAVE READ THIS ASSUMPTION OF RISK, RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, INCLUDING THE RIGHT TO SUE, AND SIGN IT FREELY AND VOLUNTARILY AND INTEND TO COMPLETELY AND UNCONDITIONALLY RELEASE THE Chris Keith Consulting LLC FROM ALL LIABILITY IN CONNECTION WITH MY PARTICIPATION IN OR ATTENDANCE OF ANY Chris Keith Consulting LLC ACTIVITY.

Signed: \_\_\_\_\_ DATE: \_\_\_\_\_

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



# BOOTCAMP 619

## RULES FOR BOOTCAMP 619

- NO WALKING ever at anytime before, during, or after **BOOTCAMP 619**.  
Double-Time Always!!!
- Workout Towel and Personal Workout Mat are mandatory.
- Plastic bottles are NOT authorized at any of the workouts. Stainless Steel or Aluminum only for water. Always be environmentally conscious!!!
- You are required to bring your Activity Log and Food Journal to EVERY workout.
- Discussions in regards to alcohol and drugs are NOT allowed.
- Release of Liability, Health Assessment, and Video/Photo Release forms are required for ALL **BOOTCAMP 619** participants.
- The front door to the gym MUST be closed EVERY TIME so that Chris' dogs Shaq and Kobe do not get out.
- A positive attitude is required at EVERY workout. Negativity will NOT be tolerated.
- A 200-word essay on each of the 1st 10 Focal Points of Nutrition are required to be completed within the first 30-days of entering BOOTCAMP 619.

SIGNATURE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_



# BOOTCAMP 619

## DIRECTIONS

### To BOOTCAMP 619/CHRIS KEITH PERSONAL TRAINING (Gym)

**From Del Mar, La Jolla, & UTC:** Take I-5S • Take exit #20/EL CENTRO/SOUTH ROSECRANS ST onto I-8 E toward EL CENTRO - go 1.0 mi • Take exit #3/TAYLOR ST/HOTEL CIRCLE toward MORENA BLVD/TAYLOR ST - go 0.1 mi • Turn Right on TAYLOR ST - go 0.5 mi • Turn Right on MORENA BLVD - go 0.4 mi • Bear Right on LINDA VISTA RD - go 0.2 mi to arrive at 5277 LINDA VISTA RD, on the right.

**From Downtown:** Take I-5N • Take the BEACHES/EL CENTRO exit onto MORENA BLVD toward EL CENTRO - go 1.0 mi • Bear Right on LINDA VISTA RD - go 0.2 mi to arrive at 5277 LINDA VISTA RD, on the right.

**From Mission Valley/East County:** Take I-8W • Take exit #2C/MORENA BLVD onto MORENA BLVD - go 0.5 mi • Bear Right on LINDA VISTA RD - go 0.2 mi to arrive at 5277 LINDA VISTA RD, on the right.

### To BOOTCAMP 619 (Mission Bay's De Anza Cove—FREE PARKING!)

**From Del Mar, La Jolla, & UTC:** Take 5S to the Mission Bay Drive exit. Take Mission Bay Drive South to Mission Bay Park make a right into DeAnza Cove parking lot 1. You will pass 4 stoplights before getting to Mission Bay Park. **WARNING THE ENTRANCE IS RIGHT BEFORE THE ON RAMP BACK TO 5 SOUTH. TRY TO AVOID GETTING BACK ON THE FREEWAY.** If you end up back on the freeway get off at Clairemont Drive/Mission Bay Drive and make a right off freeway then head west to East Mission Bay Drive, then make a right on to East Mission Bay Drive. Go up this street about  $\frac{3}{4}$  of a mile This road goes up to the parking lot of De Anza Cove.

**From Downtown:** Take 5N to the Clairemont Drive/Mission Bay Drive Exit, make a left off the freeway and head west to East Mission Bay Drive. Go up this street about  $\frac{3}{4}$  of a mile This road goes up to the parking lot of De Anza Cove.

**From Mission Valley/East County:** Take 8W to 5N to the Clairemont Drive/Mission Bay Drive Exit, make a left off the freeway and head west to E. Mission Bay Drive, then make a right on to E. Mission Bay Drive. Go up this street about  $\frac{3}{4}$  of a mile. This road goes up to the De Anza Cove parking lot.



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## DIRECTIONS

### To BOOTCAMP 619 (Cowles Mountain)

**From San Diego/Beach Area:** Take I-8E to the College Avenue exit. Proceed north on College Avenue 1.0 miles to Navajo Road . Turn right and proceed on Navajo Road 1.9 miles to Golfcrest Drive. Turn left on Golfcrest. Drive to enter parking lot.

**From North County:** Take I-5S to I-805S. Take 52E to the Mast Blvd exit in Santee. Turn left onto Mast Blvd, go under the freeway to the first traffic signal (West Hills Parkway) and turn right. Take West Hills Parkway to Mission Gorge Road and turn right. Proceed down Mission Gorge Road 1.9 miles to Golfcrest Drive. Turn left onto Golfcrest Drive and proceed to the top of the hill. The staging area is on the left at the intersection of Navajo Road and Golfcrest Drive .

**From Route 125:** Take 125N to Mission Gorge Road. Exit at Mission Gorge Road and make a left. Proceed down Mission Gorge Road 3.3 miles to Golfcrest Drive. Turn left onto Golfcrest Drive and proceed 1 mile to the top of the hill. The staging area is on the left at the intersection of Navajo Road and Golfcrest Drive. Parking lot may be full on weekends, however, curbside parking is permitted on Golfcrest Drive.

**Other Option:** From I-15, take Friars Rd. East which becomes Mission Gorge Rd., 5.0 miles east. Pass Jackson Drive and the Mission Trails Regional Park turnoff. Continue up Mission Gorge Rd. to a right turn on Golfcrest (the first traffic light past Jackson Drive ). Follow Golfcrest one mile south to the trailhead on the left side of Golfcrest at Navajo. The staging area is on the left at the intersection of Navajo Road and Golfcrest Drive .

### To BOOTCAMP 619 (Convention Center)

**From North:** Merge onto I-5 S toward SAN DIEGO. Take the FRONT ST exit- EXIT 17- toward CIVIC CENTER. Stay STRAIGHT to go onto FRONT ST. Turn LEFT onto W HARBOR DR. End at 525 E Harbor Dr San Diego, CA 92101 – It is the park next to Joe's Crab Shack

**From South:** Merge onto I-5 N. Take the CESAR E CHAVEZ PKY exit- EXIT 14B. Turn LEFT onto CESAR E CHAVEZ PKWY. Turn RIGHT onto E HARBOR DR. Make a UTURN at 5TH AVE onto E HARBOR DR. End at 525 E Harbor Dr San Diego, CA 92101 It is the park next to Joe's Crab Shack



# BOOTCAMP 619

## DIRECTIONS

### Directions to **BOOTCAMP 619**(La Jolla Shores)

**From North:** Merge onto I-5 S. Take the LA JOLLA VILLAGE DR exit- EXIT 28. Turn RIGHT onto LA JOLLA VILLAGE DR. Turn LEFT onto TORREY PINES RD. Turn RIGHT onto CALLE DE LA PLATA. Turn LEFT onto AVENIDA DE LA PLAYA. Turn RIGHT onto CAMINO DEL ORO. End at 8200 Camino Del Oro La Jolla, CA 92037

**From South:** Merge onto I-5 N. Merge onto LA JOLLA PKWY via EXIT 26A. LA JOLLA PKWY becomes ARDATH RD. ARDATH RD becomes TORREY PINES RD. Turn RIGHT onto CALLE DE LA PLATA. Turn LEFT onto AVENIDA DE LA PLAYA. Turn RIGHT onto CAMINO DEL ORO. End at 8200 Camino Del Oro La Jolla, CA 92037

### Directions to **Balboa Park**

**From North:** Take 805 S. Merge onto CA-163 S toward DOWNTOWN. Take EXIT 2C toward UNIVERSITY AVE. Turn SLIGHT RIGHT onto 6TH AVE. End at 3366 6th Ave., San Diego, CA 92103-5719, US

**From South:** Merge onto I-5 N. Merge onto CA-163 N toward ESCONDIDO. Take the QUINCE ST exit- EXIT 1B- toward BALBOA PARK. Stay STRAIGHT to go onto QUINCE DR. Turn RIGHT onto 6TH AVE. End at 3366 6th Ave. San Diego, CA 92103-5719, US