

WHITE EARTH FITNESS CENTER

Please Print your contact information:

Date _____ Name _____ Date of Birth _____

Are you enrolled in the White Earth tribe ___no ___yes (Id. Number) _____

Daytime phone number: _____

Email Address: _____

Address: _____

City: _____ State: _____ Zip: _____

Health and fitness Goals

This questionnaire will help us understand your personal fitness goals. It is not a legal contract with us but rather a personal goal you make with yourself and others concerned with your health. Feel free to ask fitness center staff if you have questions.

___ Lose weight

___ Improve Flexibility

___ Reduce Back Pain

___ Stop Smoking

___ Reduce Stress

___ Improve Diet

___ Feel Better

___ Lower My Cholesterol

___ Aerobic Fitness

___ General Fitness

___ Muscular Size

___ Muscular Strength

___ Sport Specific

___ Look Better

___ Injury Rehab

Medical History

Have you spoken to your doctor about White Earth ting an exercise program? _____

Has a doctor imposed any activity restrictions? If so, please describe:

Have you had diabetes for less than 15 years? _____

Have you had diabetes for more than 15 years? _____

Are you a cigarette smoker? _____

White Earth Fitness Center -Waiver of liability

In consideration of my use of exercise equipment and facilities provided by the White Earth fitness center, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the White Earth Fitness and the White Earth band of Ojibwe, and its insurers, employees, officers, directors, and Tribal Council, shall not be liable for any damages arising from personal injuries (including death) sustained to me, or my guest in, on, or about the premises, or as a result of use of the equipment or facilities, regardless of whether such injuries result, in whole or part, from the negligence of the White Earth Fitness Center. By execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type which may occur to me or my guest, and hereby fully and forever release and discharge the White Earth Fitness Center and the White Earth Band of Ojibwe, its insurers, employees, officers, directors, and Tribal Council, from any and all claims, demands, damages, rights of action, or causes of actions, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from arising out the use of said equipment and facilities.

I expressly agree to indemnify and hold White Earth Fitness Center and the White Earth band of Ojibwe harmless against all claims, demands, damages, rights of action, or cause of action, of any person or entity, that may arise from injuries or damages sustained by me or my guest.

I agree to be solely responsible for safety and wellbeing of my guest and myself. I understand that the White Earth Fitness Center does not provide supervision, instruction, or assistance for the use of facilities and equipment.

I agree to comply with all the rules imposed by White Earth Fitness Center regarding the use of the facilities and equipment. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose. I agree to be solely for any damage caused by me or my guest to the White Earth Fitness Center while I am using the equipment and facilities.

I understand and acknowledge that the use of the exercise equipment involves risk of serious injury, including permanent disability and death.

I understand and agree that the White Earth Fitness Center is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

I HAVE READ THE FORGOING WAIVER AND THE RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.

DATE: _____

PRINT NAME _____

SIGNATURE _____

PARENTS SIGNATURE (Under 18) _____