

Bring It On CrossFit 8 Week Nutrition Challenge – The Best Shape of Your Life

Athlete Agreement – Registration Form

This is an athlete agreement between Bring It On CROSSFIT and _____ (“the athlete”) for use of the Bring It On CrossFit premises for training, unrestricted coaching and nutritional advice, goal setting and any and all assistance required to meet the athletes specific individual goals.

The terms and conditions of this agreement are outlined below:

This agreement is ongoing, however individual athlete goals will be set from **May 2nd 2016** to **June 24th 2016** and then reassessed thereafter.

TERMS & CONDITIONS OF THIS AGREEMENT

BRING IT ON CROSSFIT and its coaches agree to provide any and all coaching possible to assist the athlete to achieve their health and fitness goals. This may include providing extra training to help eliminate weaknesses, providing fortnightly nutrition diary evaluations/feedback, providing pre and post challenge testing, make available useful resources such as articles and recipes and providing ongoing support to ensure the athlete stays on track to achieving their individual goals.

THE ATHLETE agrees to set S.M.A.R.T individual goals for the duration of the 8 week challenge and remaining committed to achieving these goals for the entirety of the challenge.

The athlete’s individual goals are as follows:

(Goals need to be Specific, Measurable, Achievable, Realistic and Time Based) *If you need help writing your goals please speak to one of the Bring It On CrossFit Coaches before completing this agreement.

1. _____

2. _____

3. _____

THE ATHLETE agrees to complete benchmark testing at the beginning and end of the challenge (this includes the benchmark workout and body composition testing), attend regular Bring It On CrossFit classes (booking in through Zen Planner), dietary compliance to the nutritional requirements outlined in the challenge brief, tracking lifestyle markers, and being an active member on the BIOCF challenge facebook page.

THE ATHLETE agrees to submit detailed food diaries including food macro breakdowns and answers to the lifestyle marker questions on a fortnightly basis during the challenge. These will be submitted to the coach no later than 5pm on the Friday fortnight either by email or hard copy.

Both THE ATHLETE and BRING IT ON CROSSFIT agree to remain committed and accountable to this agreement and all that it entails, most importantly, working towards and achieving all goals set out in the agreement.

Signatures:

_____ Bring It On CrossFit Owner	_____ Name of Athlete
_____ Signature	_____ Signature

OFFICE USE ONLY:

BRING IT ON CROSSFIT MEMBER:	YES	NO
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\$70 / \$240 CHALLENGE REGISTRATION FEE PAID:	YES	NO
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PAYMENT METHOD: _____