



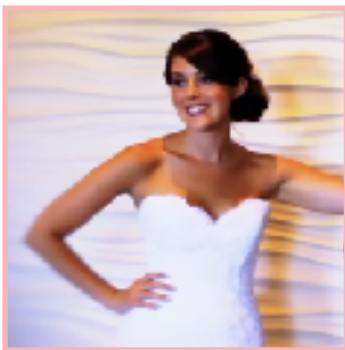
3 FREE DAYS!

BRIDALICIOUSBOOTCAMP.COM

BRING THIS VOUCHER WITH YOU TO BRIDALICIOUS BOOT CAMP TO RECEIVE YOUR 3 FREE WORKOUTS

- One voucher per person
- No cash value
- Expires 7 days after attending first free session
- Subject to availability - schedule immediately to secure your spot

Cannot be combined with any other offer, discount or promotion.



*"I looked amazing on my wedding day and Bridalicious Boot Camp was 100% the best money I spent on **anything** for my wedding!"*

- Melanie R, Dallas, TX

*"I am so proud of how my body looked in my wedding photos, **I have no regrets.** I got so many compliments, and on my honeymoon bikini body, too!"*

For the first time in my life I am proud of my body.

Bridalicious is my saving grace!

- Kendall S, Dallas, TX



"I know God answered my prayers by bringing me Bridalicious Boot Camp. Before I started the workouts I used to worry about my arms and shoulders

*(it was a strapless gown), but it **took my worries away!**"*

-Katie Z, Dallas, TX



PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Physical activity should not be hazardous for most people. The PAR-Q has been designed to identify those individuals who should seek medical attention prior to beginning a physical fitness program.

LAST NAME:	FIRST NAME:
ADDRESS:	CITY: ZIP:
MOBILE:	EMAIL:
AGE:	WEDDING DATE (if applicable):

BRIDES SECTION

In order to reach your wedding day goals, you need to have clear goals set for important dates leading up to your wedding and honeymoon. Please answer the following:

	YES	NO
Have you purchased your wedding dress yet?		
If so, is it strapless?		
If so, is it backless?		
Do you plan to honeymoon in a warm, tropical location?		
Is your first dress fitting scheduled? If so, when? _____		
Are you planning on taking bridal portraits? If yes, how many days in advance of the wedding? _____		

	YES	NO
1. Do you have high cholesterol?		
2. Has your doctor ever said that you have heart trouble?		
3. Has your doctor ever told you that you have a bone or joint problem (such as arthritis) that has been or may be exacerbated by physical activity?		
4. Has your doctor ever told you that your blood pressure was too high?		
6. Is there any reason, not mentioned thus far, that would not allow you to participate in a physical fitness program?		

The following will be treated as privileged information:	YES	NO
Do you ever feel weak, fatigued, or sluggish?		
How many meals do you eat each day? _____		
Do you know how many calories you eat in a day?		
Do you eat breakfast?		
Are you taking supplements? (i.e. vitamins, amino acids, protein shakes, etc.)		
Do you need several cups of coffee to keep you going throughout the day?		
Proper nutrition can increase the body's ability to enhance physical and mental performance by up to 80%. Do you feel that a properly structured nutrition and exercise program would benefit you?		
How long have you been exercising _____		
Are you happy with the way you look and your health?		

Rank the following by order of importance, with "1" being the MOST important and "5" being the LEAST important to your personal situation.

I would like to:

_____ Increase Muscle Tone

_____ Lose Body Fat

_____ Increase Stamina

_____ Increase Strength/Lean Mass

_____ Improve Overall Health

Bridalicious[®]

BOOT CAMP
No Quitting 'Til The Final Fitting

Hi there beautiful bride! My name is Doug Rice and I started shaping up and slimming down brides in Beverly Hills back in 2005. I have helped thousands of brides get into the best shape of their lives and I am excited to help you too!

There are two keys to your success in achieving your fitness transformation goals:

- (1) **ATTITUDE:** You must have a positive, can-do attitude and you must believe in yourself.

You. Can. Do. This.

Don't listen to anyone who tells you that you can't.

- (2) **CONSISTENCY:** You must attend the workouts regularly. Twice a week is minimum and three should be your goal.

No
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BRIDALICIOUS

Waiver and Release

In consideration for allowing me to participate in the physical exercise, athletic activities, and the use of equipment, training, and instruction, I HEREBY AGREE TO WAIVE, RELEASE, INDEMNIFY AND HOLD HARMLESS, Douglas Rice, The FitWit Group, LLC, Bridalicious Boot Camp, Boot Camp 90210, any trainers, instructors, volunteers, agents, assigns, together with all persons assisting with any phase of such activities (collectively referred to as "Releases") FROM ANY AND ALL CLAIMS, SUITS, LOSSES, DAMAGES, CAUSES OF ACTION, EXPENSES OF LITIGATION, AND/OR SETTLEMENT, OR OTHER LIABILITY by reason of any accident or injury suffered by me, which may arise in conjunction with this activity, whether or not caused by or alleged to be caused by the negligence, instruction, or training of Douglas Rice, The FitWit Group, LLC, or any other trainer(s), instructor(s), volunteer(s), agent(s), or assign(s).

It is always advisable and recommended to consult your physician before undertaking this or any exercise program.

By signing this document, I acknowledge that I have voluntarily chosen to participate in a program of progressive physical exercise. In signing this document, I acknowledge being informed of the strenuous nature of the program and the potential for unusual, but possible, physiological results including, but not limited to, abnormal blood pressure, fainting, heart attack, or death. By signing this document, I assume all risk for my health and well-being and hold harmless of any responsibility, the trainer/instructor, facility or any persons involved with this program and testing procedures.

Name (please print)

Signature

_____ Date _____