



EMPOWERMENT & PRODUCTIVITY COACHING
- Life, Health, & Business -

I acknowledge that I have answered "YES" to one or more questions on the Par Q form ... However, I choose NOT to consult with my doctor BEFORE starting an exercise program and assume ALL responsibility for my health & wellness during my ONLINE and / or IN PERSON Personal Training Sessions with Nelson Beltjar (American Council on Exercise - Certified Personal Trainer & Certified Coach Practitioner from the Certified Coaches Federation) - and expressively release and discharge Nelson Beltjar from ALL liability of death, disability, and personal injury

_____ Printed Client Name (Adult)

_____ Client Signature (Adult)

_____ Date

_____ Printed Witness Name

_____ Signature Witness Name

_____ Date