Personal Contract

A determination of the appropriateness of the task must be assessed by the individual participant.

Boxes must be checked for the following statements indicating agreement.

1. Physical Activity Readiness Questionnaire (PAR-Q, document is included) must be filled out before participant can do anything else in the Beginner’s Guide Series. If the answer is NO to all of the questions (on the PAR-Q) the individual may proceed with the tasks.

⁯ I understand

⁯ I do not understand

1. An explanation must be given for any questions that result in a Yes answer on the Par-Q. Clearance from a physician may be required before the individual can proceed to any task.

⁯ I understand

⁯ I do not understand

1. **Individual will not be entered into the $5 gift card drawing unless they email MH FitLife every task fully completed with effort by the deadline assigned in the videos to** [**mhfitlife@gmail.com**](mailto:mhfitlife@gmail.com) **. Only 5 participants will actually win a $5 gift card.**

⁯ I understand

⁯ I do not understand

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_