

COACHING PROGRAM AGREEMENT

I, _____, hereby consent to voluntarily participate in a coaching program (the "Coaching Program") to be conducted by John B. Henwood (the "Coach").

In connection with the coaching program, the Coach will give instructions regarding what type of exercise I should do, how much I should do, and also monitor my efforts in connection with the program through internet and/or phone correspondence.

I understand clearly the Coach will not be watching me perform my exercise which he sets for me.

I understand I will be required to perform exercise relating to cardiovascular and muscular fitness.

I also understand I may be required to undergo various fitness tests and /or running races in connection with the Coaching Program in order to evaluate and access my level of fitness.

I agree to follow the Coach's instructions with regard to exercise and other physical activities suggested by the Coach and I acknowledge that the Coach will have no liability relating to any other exercises and other physical activities engaged in by me or relating to exercise or physical activities engaged in by me that are inconsistent with the instructions of the Coach.

I also understand that during my participation in this coaching program, the Coach may have physical contact if I meet him for the purpose of positioning my body or adjusting my running form or assessing my muscular and bodily reactions to specific exercises in order I am using proper technique and having the correcting my body alignment. I express consent to such physical contact for these specific purposes.

POTENTIAL INJURIES AND CERTAIN OTHER RISKS

I have been informed that during my participation in this program, I will be asked to complete certain physical activities and exercises. I have been advised that it is my obligation to inform the Coach if I experience any discomfort during the performance of such activities and exercises or other conditions such as fatigue, shortness of breath, chest discomfort or other signs of discomfort. I understand that the Coach has no liability to the extent I fail to inform him of any such discomfort or conditions and the Coach may reduce or stop my program if I experience any such discomfort or conditions.

I have also been advised that it is my complete right to discontinue my participation in the coaching program at any time and understand I am still liable to pay for the whole term of the program if the Coach makes me.

I understand that I've been informed that during my participation of the coaching program it is possible that it is possible that an adverse change may occur during my participation, including,

but not limited to, fainting, dizziness, disorders of heart rhythm , and in very rare instances of heart attack, stroke or even death. I further understand that it is possible the bodily injury could occur as a result of my participation in this program, including, but not limited to injuries to my muscles, ligaments, tendons, and bones. I fully understand all these risks I've stated and knowing these risks, it is my desire to participate in this coaching program.

CONFIDENTIAL INFORMATION AND USE OF INFORMATION

I have disclosed to the Coach any information regarding my physical condition , mental and emotional state and any other matters that may affect my participation in the coaching program, including, but not limited to, a description of my current and past injuries or illnesses as well as medication used by me. I agree to acknowledge that the Coach will have no liability for any injury or condition relating to or arising out of any such matters.

I have been advised that any information provided to the Coach will be used for the purpose of designing my coaching program and evaluating my progress along the way. All such information provided by me to the Coach will be treated as privileged and confidential and will consequently not be released or revealed to any other person without my written consent.

I acknowledge that this coaching agreement accurately reflects my understanding of the coaching program and the role of the Coach. I further acknowledge that I have read this document in its entirety and I expressly agree to the terms set forth herein.

Name: _____

Signature: _____

Date: _____