

Personal Training Program Agreement

Introduction

Non Communicable Diseases (NCDs) are the leading cause of DEATH worldwide – about 54%. They are conditions that are directly related to being overweight and having poor conditioning. Heart Attack, Stroke, Diabetes, High Blood Pressure, Lung Disease, Kidney Disease, the list goes on. These conditions are NON Transferrable! You cannot get them from anyone else. These conditions are totally PREVENTABLE! An NCD is a condition that YOU give To Yourself!

SAAF CAMP is a World Class NCD Prevention Program. Improving 1,000s lives internationally since 2010; 30+ Platoons, 700+ youth receive 100% sponsored training and health education, 40,000+ viewers per week tune in to the SAAF CAMP Television Series airing on ATV in Suriname and airing domestically in 2020: Saturday 2:30am & 9:30am | Spectrum / Optimum / RCN / Verizon): 1996 / 69 / 84 / 44 | online streaming here: BRICartsmedia.org/3 | Brooklyn Free Speech TV Guide BRICartsmedia.org/TVGuide

Terms Of Agreement: Description

“Participant” has applied to take part within the SAAF CAMP Personal Training Program (PTP). Upon issue and receipt of deposit, it is understood that “Participant” has a) reviewed the agreement and addendum(s) and b) agrees to any and all terms as discussed within the interview and is noted within this agreement

General; Participant Agrees To:

1. Partaking at his/her own risk. SAAF (and or affiliates) shall not be held responsible for any type of injuries that may occur whilst partaking in PTP.
2. Attend and be On Time for every session as scheduled. Any absence or lateness shall be at the sole expense of “Participant” . SAAF shall have the option to cancel any session if “Participant” is LATE (grace period of 5 Minutes). All Sessions are Rain or Shine.
3. Make a strong effort to fortify the PTP with Diet Discipline (as discussed within initial consultation).
4. Ensure attendance to any and all clinical appointments (as per required by the PTP)
5. Properly and meticulously maintain the PTP Journal
6. Study any and all educational material that is distributed and or discussed within consultations and classes
7. Pass all written exams with a minimum grade of 85%
8. Adhere to the physical program that is implemented by the program
9. Adhere to the Lifestyle Changes that have been discussed within the orientation; all but not limited to: attention to detail with maintaining an

orderly environment (household), reduce and eliminate if possible participation in video games, time spent within social media, watching content on television that is counter productive to a healthy lifestyle and daily productive agenda, alcohol consumption, sugary drinks and foods, smoking of any kind, more to be determined 10. Adjusting the biological clock to wake early, be active throughout the day and sleep at night. *If a night shift as per job requirement arises an exception will be made and discussed further

Terms Of Agreement: Particulars

11. In the event that any of the items within the agreement are breached or not complied with as per agreement, the trainees will be subject to a \$30 fine for each occurrence. If a total of Five Occurrences take place within a 3 month period, SAAF CAMP will have the right to cancel the agreement 12. Any and all hardware and dietary expenses are at the sole expense of the participant and are the sole property of the participant. The Hardware Support Budget is a one time expense and as per discussion with the participant, is tentatively in the area of \$600-\$700 *Applicable only to participants within specialty programs 13. The Dietary Support Budget is a monthly expense. As per discussion with the participant, is tentatively in the area of \$100-\$120 14. As per discussion with participant, a realistic time frame to accomplish handsome success is one year. The majority of visits to Physical Therapy and or Doctor Check Ups, will more than likely be covered via Health Insurance. Participant agrees to participate within such clinical visits. As, it is imperative to monitor participant's health status along the way, any and all visits will be scheduled a minimum of three days in advance. *Applicable only to participants within specialty programs 15. SAAF CAMP will be oversee the participant's Physical Training Program, Health Education Workshops and Lifestyle Change consultations. Participant will receive a partial sponsorship for SAAF CAMP services in the minimum amount of \$4,200 Per Month. Inclusive of the sponsorship, participant will be liable for up to \$1,500 per month depending on the performance of the overall agreement. *Please see allocation schedule attached.

Financials: Allocation Schedule

- a. Two weeks of dues (\$570) on deposit from the inking of agreement
 - b. Day one of training program, \$285 (week one dues) and
 - c. \$285 at the top of the week (Sunday) thereafter
- *Payments are made directly to our foundation via Square, debit/credit

Addendum I: Dietary Support Items

Chia Seeds (price range \$12 - \$20) | Flax Seeds (\$12 - \$18)

Hemp Seeds (\$12 - \$16) | Spirulina (\$15 - \$20)

Cacao (\$15 - \$20) | Glucosamine (\$15 - \$25) – if needed

Addendum II: Materials Needed

You will need (at your expense):

- a. proper training attire | b. gear to include a [speed rope](#) (or similar)
 - c. membership within the YMCA network of facilities (at a particular Y, monthly is roughly \$55 and a Citywide use of all Ys are about \$105. A citywide one is ideal, as it permits you to train within the entire system
 - d. [resistance bands](#) (or similar), coach will guide you as to which ones apply to your program. Expect about a \$50 budget for this
 - e. highly suggested to purchase a [Foam Plyo Box](#) (or similar), up to 30" at max height. These run for about \$100 on amazon
 - f. a [dumbbell set](#) (or similar) of approximately 50lbs, prices vary on these.
- *If you have any or all of the above, there is no need to purchase

Addendum III: Cancel, reschedule and disclosure

- a) Any rescheduling or cancellation of a session by SAAF CAMP without prior notice of at least two days, will result in the allocation of a Free Session Voucher given to the recipient. The voucher may be assignable.
- b) If SAAF CAMP must honor contractual obligations domestically or internationally that may fall on a session day or within a program schedule, session may be conducted via skype. In the event that the scheduled session is workshop related, participant may have guests present during the session.
- c) Participant will not disclose the financial parameters within this agreement. As, such disclosure could create turmoil within the public sector and bind SAAF CAMP to offering such a program for a equivalent value. The financials of this agreement are applicable exclusively to participant.

If all is agreeable, please initial each page and sign here. Thank you.

Date: _____

Participant (Print Name): _____

Participant (Sign Name): _____

SAAF CAMP Authorized Rep (Print Name): _____

SAAF CAMP Authorized Rep (Sign Name): _____

Addendum IV

- a) This addendum will replace the aforementioned as it relates to dues, allocations and materials.
- b) Based on the interview done with our senior trainer, your program would exceed a \$4,000 monthly budget in order to execute as per our standards and protocol.
- c) You have been approved with a sponsorship that will cover the majority of such dues. Your obligation will be \$1 100 per month that is paid in accordance with the allocation schedule
- d) You will be responsible to get a blender and a proper juicer. In addition to, you will be responsible to get the dietary supplements that are described within this agreement prior to beginning the program.
- e) You will not be liable to get all of the training equipment (yet). We will provide that for you in the interim.

If all is agreeable, please initial each page and sign here. Thank you.

Date: _____

Participant (Print Name): _____

Participant (Sign Name): _____

SAAF CAMP Authorized Rep (Print Name): _____

SAAF CAMP Authorized Rep (Sign Name): _____