



# TRAINING

FITNESS - WEIGHT LOSS - RACE PREP

## FITNESS BOOTCAMP SIGN-IN SHEET      SESSION # \_\_\_\_\_ DATE \_\_\_\_\_

By signing below, participant acknowledges and accepts any risk involved with this activity and releases the LDC Training organization and its associates from liability for injury or illness which may result from participation.

Name/Signature	Email Address		In	Out
(sample) <i>Lori Cooper, L. Cooper</i>	<i>lori@LDCTraining.org</i>		X	
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