



## PERFORMANCE PLEDGE

In the spirit of harnessing your best effort and providing optimum results from your Boot Camp experience, we have established the following policies to which you will need to adhere.

**Please read, then agree to the following by signing and dating below.**

I agree that I will not eat fast food during the month of Boot Camp.

I understand that diet and nutrition will affect my fitness goals and performance during Boot Camp.

I agree to show up for Boot Camp every day unless it is an excused absence from my doctor or pre-approved with Boot Camp organizers.

I will remember to set my alarm and arrive at camp ON TIME.

I will bring a positive attitude and expect to have FUN!

*(Any violation of the above PERFORMANCE PLEDGE statements will result in twenty push-ups per occurrence.)*

Dated: \_\_\_\_\_ Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_