Back In Form Inc
Online Fitness Training Waiver of Liability & Assumption of Risk

This waiver applies to participation in online fitness programs offered by Back In Form Inc, a California corporation. I understand that participation in online fitness activities involves inherent risks, especially for individuals aged 60 and older, including but not limited to muscle strain, loss of balance, dizziness, cardiovascular events, or serious injury. I voluntarily assume all risks associated with participation and release Back In Form Inc, its instructors, employees, and affiliates from liability to the fullest extent permitted by California and U.S. law. I confirm that I am physically capable of participation, have consulted a physician or waived doing so, and will stop immediately if discomfort occurs. I consent to electronic records and signatures under the U.S. E-SIGN Act and UETA.

Participant Full Name:	_____
Date of Birth:	_____
Email Address:	_____
Phone Number:	_____
Electronic Signature (Type Name):	_____
Date:	_____
Caregiver Name (if applicable):	_____
Caregiver Electronic Signature:	_____