

### Success Contract

Welcome to the Fitness Experience with BenchFit®, where we value honesty, expertise, reliability, value, initiative, and joy. In order to train, nurture, guide and support you in reaching your optimum performance, we will use a combination of individual or group training, phone coaching, e-mails, web conferencing, and mail delivery. Studies show that the best results for behavioral change, such as initiating and sustaining a new exercise program, are accomplished with a plan, goals, and individual and group mentoring. In order to provide you this service, please complete the following information\* for us. (You may discontinue this service at any time.)

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

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Additional contact person: \_\_\_\_\_ Phone \_\_\_\_\_

(In the event we are unable to reach you)

Address: Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail: \_\_\_\_\_

What is your preferred method of contact? \_\_\_\_\_

What is your main goal? (Circle multiple goals)

Body Sculpting, Weight Management, Weight Loss/Gain, Muscle Power and Strength, Kegel/Core Power, Sports Performance, Functional Fitness; Lifting, Pushing, Pulling Power, Bone Density, Spine Stabilization, Other

What is your dream for exercise, or an ideal program for you? \_\_\_\_\_

I, \_\_\_\_\_, agree to work with BenchFit® trainers to develop, pursue, and reach my optimal potential with exercise for health and wellness.

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

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Foundations of our Success Contract FOR YOU: You keep

Honesty: We both speak from the heart.

Expertise: Programs are based on scientific and clinically established cutting edge data.  
You develop expertise with your program.

Reliability: Sustainable over time, dependable, trustworthy.

Value: The products and Fitness Experience with BenchFit® will be worthy of your precious time due to results you obtain from the program and your love of the results.

Initiative: We start the communication and encouragement with the ultimate goal for you to be a self-starter initiating your own fitness program.

Joy: Living and being “In the moment”, engaged and connected, and feeling fully alive is a goal that we hope you experience each time you perform your fitness routine.

\* All information provided here is confidential and used only for supporting you as you see fit. It is not shared or used for any other purpose.

Our contact information: Mobile: 619 857-6180 Maureen Mason-Cover  
[Maureen@BenchFit.com](mailto:Maureen@BenchFit.com) <http://www.BenchFit.com>  
MasonHomeFitnessINC, PO Box 178157, San Diego, CA 92117