

A.H.E.A.D Trust Agreement

1. Refund Policy:

The A.H.E.A.D. supervisor or fitness coordinator has explained to me that the Baylor Tom Landry Fitness Center (“BTLFC”) will not issue a refund for the A.H.E.A.D. program once the client starts week 1.

I Understand and Agree:

2. Cancellation Policy:

The A.H.E.A.D. program supervisor or fitness coordinator has explained to me that the A.H.E.A.D. program is a consecutive week program and that a parent/guardian must contact appointed trainer, dietician, or the program supervisor if participant will miss a scheduled appointment. If I do not contact the proper individual to reschedule twenty-four (24) hours in advance, I understand that this will result in the forfeiture of that session with no refund.

I Understand and Agree:

3. Program Details:

The A.H.E.A.D. program supervisor or fitness coordinator has explained to me how the program is structured, the steps that are necessary to begin the program and who to contact to start the process.

I Understand and Agree:

4. A.H.E.A.D. Activity and Food Tracking Booklet:

The A.H.E.A.D. program supervisor or fitness coordinator has issued an A.H.E.A.D. activity and food tracking booklet to me and explained how to properly use it. To get the full benefit of the A.H.E.A.D. program, I agree to keep a food journal throughout the 12 weeks of the program, be it the A.H.E.A.D. booklet or an alternative means of keeping track of my child’s day to day eating habits.

I Understand and Agree:

5. Rules

1 or both parents/guardians are required to attend all nutrition counseling sessions.

Parent/guardian is required to remain in the building during all exercise sessions.

Parent/guardian must provide fitness coach his/her cell phone number so they may be reached in the case of an emergency.

Parent/guardian may choose to utilize the fitness center during the participant's exercise session, but must meet the coach promptly at the end of each 30-minute session.

Non-member parents have access to the facility only during the child's 30-minute exercise sessions.

Non-member siblings over the age of 16 may utilize the facility only during the child's 30-minute sessions.

Siblings under the age of 16 cannot utilize the facility.

Non-member parents and siblings over the age of 16 must sign a waiver before utilizing the facility.

I Understand and Agree: