



BOOT CAMP DIVISION WELCOME PACKET

Phone: 414-416-1622

Email: bootcamp@achievepersonalfit.com

Websites:

<http://www.MilwaukeeBootCamp.com>

Congratulations on your choice to get fit and have fun!

The following is your Official Milwaukee Adventure Boot Camp (MABC) Welcome Packet. The information will help to answer most questions you may have and update you on important information that you **need** to know for your best Boot Camp experience. Boot Camp is meant to get you in shape, give you self-confidence, help keep you accountable to your fitness goals, motivate you, give you a great start to your day and allow you a jump start to a healthier you – *no matter what your current fitness level.*

If you have any questions about Boot Camp, please call us and we will be happy to go over them with you.

Healthfully yours,

Your MABC Coaches and Support Team

NUTRITION NUGGET VIDEOS TO BE POSTED VIA FACEBOOK EACH MONTH. PLEASE MAKE SURE TO VIEW EACH NUTRITION NUGGET FOR IMPORTANT NUTRITION INFORMATION. ADD IDEAS INTO YOUR NUTRITION CLEANUP FOR FASTER FAT LOSS AND MUSCLE TONING RESULTS...SERIOUSLY!

Here are some important things to remember:

- Have fun!
- Please ALWAYS arrive on time (set your alarm or set two alarms) or leave work on time!
- Eat a SMALL meal before camp (3 egg whites & 1 slice Ezekiel bread or protein shake with berries). *Avoid juice and sugar!* Diet and nutrition will affect your fitness goals and performance during Boot Camp. Food can be your medicine OR your poison!
- Outdoor morning sessions are sometimes still chilly; dress accordingly (hats, gloves, and sweats with sweat wicking under garments). You will get warm very quickly and you will be plenty sweaty by the end of each hour.
- **Running shoes** are required, not cross-trainers or walking shoes.
- Unless otherwise instructed, bring your hand weights (8 lbs. to 15 lbs.), a mat, a towel and running shoes each day to your Boot Camp location.
- **Show up for Boot Camp every day, unless it is an excused absence from your doctor or pre-approved with Boot Camp instructors. Makeup days are YOUR responsibility.**
- If you have an unusual ache, pain or injury, tell your coach immediately.
- You may **only** attend the class time slot for which you have registered.
- Photos and/or videos may be taken during the course of your involvement in Milwaukee Adventure Boot Camp which may be used for promotional purposes.
- There is a no refund policy, BUT you can receive a credit (for any unused portion of camp fees) towards a future camp if you are not able to complete the one you originally registered for due to **serious illness or injury**. Camp fees cannot be used towards any other products or services provided by Milwaukee Adventure Boot Camp or Achieve Personal Fitness, Inc.
- When attending an outdoor boot camp, please use your restroom immediately prior to leaving your house – the camp location restrooms are sometimes not available in the early morning.
- There are no locker rooms or showers at the Brookfield Soccer Park.
- MABC office phone number is **414-416-1622**. The admin team will be answering all daily e-mails and phone calls and will be directing camp emails to the appropriate coach.
- We work out in the rain. We do not work out if it is lightening out! **If it is questionable when you wake up, please check the upper right hand corner of www.MilwaukeeBootCamp.com weather icon (sun, cloud, rain drops). Weather notices are posted BY 4:45 am.**

What do I need to bring to camp each day?

- 1) Running shoes or boot camp training shoes (yes they actually sell these now)
- 2) Exercise mat (Yoga mats are usually good but get what is comfortable, some people like more cushioning)
- 3) Hand weights (8, 10, 12 or 15 lbs. depending on your ability) – NO 5 LB WEIGHTS!
- 4) Hand towel and Kleenex for running nose
- 5) Water bottle (with water), no juice or sports drinks
- 6) A can-do attitude!

Milwaukee Outdoor Spring & Summer - Where do we meet?

5:30 am and 8:45 am (8:30 AM IN JULY) - Bradford Beach is located at 2400 N Lincoln Memorial Dr. Milwaukee, WI 53211 (it is the light & dark brown building (North Point concession stand) at the stop light at the bottom of East Water Tower Rd and St. Mary's hill – see map). Please pull into the parking lot and park at the north-most parking spots.

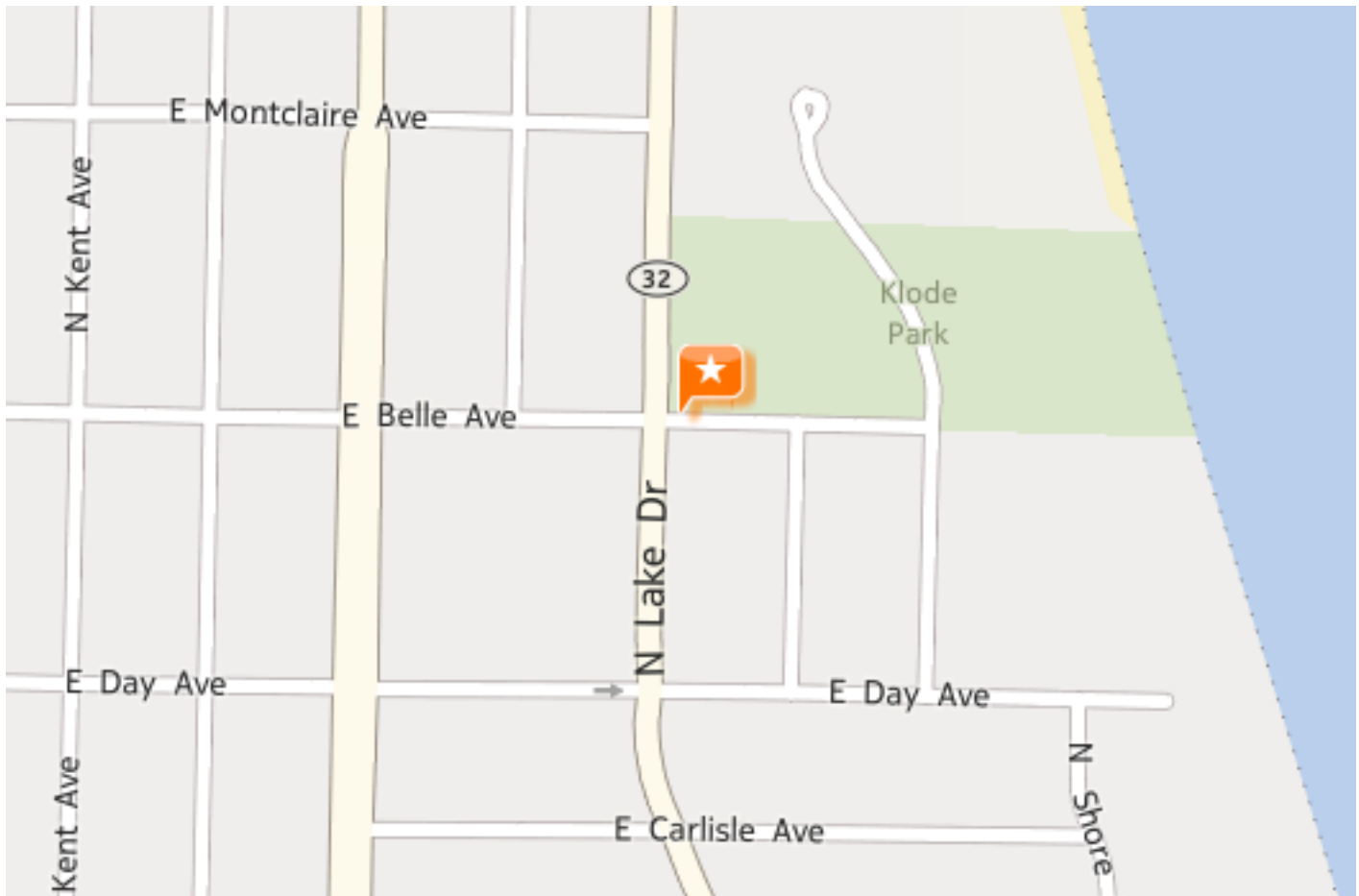
****Please follow the Enter and Exit signs posted at the parking lot****



Milwaukee EVENING Outdoor Spring & Summer - Where

do we meet?

Klode Park (5:45 pm) in Whitefish Bay is located at 5900 North Lake Dr, Whitefish Bay, WI 53217. Turn east onto E. Belle Ave then head east to the farthest parking lot. Look for the MABC sign. Please arrive 7-10 minutes early for setup and warm up!

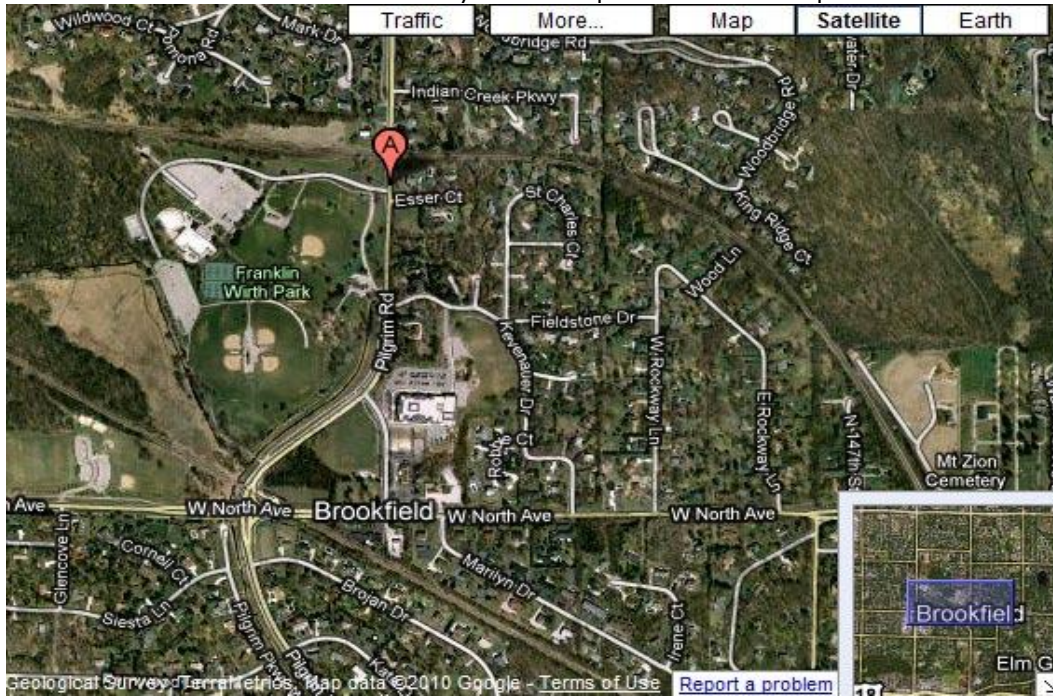


Milwaukee Fall/Winter Indoor - Where do we meet?

- New location - TBA.

Brookfield Spring & Summer Outdoor- Where do we meet?

Wirth Park is located at 2585 Pilgrim Road in Brookfield, Wisconsin. We meet in the back parking lot. Please arrive 7-10 minutes early for setup and warm up!



Brookfield Indoor Soccer Complex (Winter) - Where do we meet?

Brookfield Indoor Soccer Park is located at the 19485 West Lisbon Road Brookfield, WI 53045. Please arrive 7-10 minutes early for setup and warm up!



Weather Policy

Rainy days, always check the Milwaukee Adventure Boot Camp website "Weather Updates" weather icon located on the homepage, upper right hand side before to coming to camp on days when inclement weather (**lightning**) may be a problem. Weather info is posted by 4:45 am. Outdoor camps cannot be held if lightning is present. If any camp is canceled due to weather; a make up camp will be held that following Saturday.

IMPORTANT NOTES:

- * We will be taking roll each morning. It is your responsibility to sign in each day as you arrive on the sign up sheet. Simply place a check mark next to the appropriate day.
- * You'll want to be sure and mark bootcamp@achievepersonalfit.com as safe. You can do so by going to "Actions" or "Options" on your toolbar, going to "junk mail" and then adding us as "safe". PLEASE make sure we have a home or personal email address for you, not just a work address. Be sure to check your junk mail and bulk folders too, we don't want you to miss a thing!
- * Please be thinking about your fitness & nutrition goals. We will be asking you to write them down on your goal sheet and we will respond back with feedback. Having goals is one of the most effective ways for you to reach success – in whatever area you plan to! PLEASE BRING YOUR CONTRACT WITH YOU TO CAMP THE FIRST WEEK.

Contract below:

Milwaukee Adventure Boot Camp Contract

Camp# _____

I, _____ hereby commit to 3 OR 4 weeks of regular, vigorous exercise (my registered 3, 4, or 5 workouts per week) and to self-control when it comes to eating. I will be focused on challenging my abilities in the pursuit of elevating my physical performance.

In addition, I will not indulge in any alcoholic beverages (OR at least seriously decrease my alcoholic consumption) during this 4 week period, regardless of the nature of the temptation.

I will terminate my consumption of food 60-90 minutes prior to my bedtime (however, if starving, I will consume only lean protein and green veggies so as to NOT go to bed hungry).

I will endeavor to be conscious of when and why I eat and will, to the best of my ability, eat simply to satisfy my nutritional needs as opposed to my emotional needs.

I will also do my best to make healthy food choices at all times, no matter where I am (picnic, traveling, the lake, parties, the ball game, etc.).

I realize that this contract is solely with myself and that it carries no rewards, penalties, or punishments other than those associated with the reflection of strength of my character and willingness to be accountable to my fitness goals!

(Camper Signature)

(Date)

Personal Goals: (Physical or Other – Be Specific)

4 week camps only - BEFORE AND AFTER ASSESSMENTS

NAME: _____

AGE: _____ HEIGHT: _____

PHONE #: _____

BOOT CAMP MONTH/LOCATION: _____

Please follow the instructions on the next page and fill in your measurements in the appropriate spots below if you are NOT able to attend the pre camp nutrition seminar. *Circumference measurements will be taken at the pre camp and post camp evaluations by your coach.

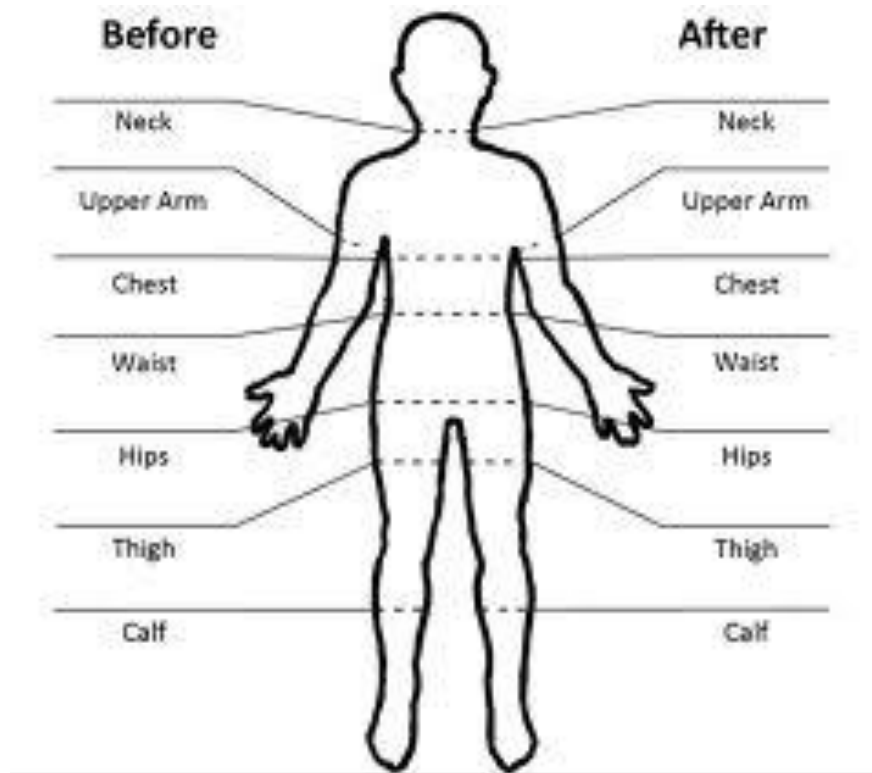
	BEFORE CAMP	AFTER CAMP	DIFFERENCE	GOAL
DATE:	_____	_____	_____	_____
RESTING HEART:	_____	_____	_____	_____
WEIGHT:	_____	_____	_____	_____
RIGHT ARM:	_____	_____	_____	_____
LEFT ARM:	_____	_____	_____	_____
SHOULDERS:	_____	_____	_____	_____
CHEST:	_____	_____	_____	_____
WAIST:	_____	_____	_____	_____
HIPS:	_____	_____	_____	_____
RIGHT THIGH:	_____	_____	_____	_____
LEFT THIGH:	_____	_____	_____	_____
PANT SIZE	_____	_____	_____	_____
		TOTAL INCHES LOST	_____	_____
1-MILE/SQUATS	_____	_____	_____	_____
PUSH UPS	_____	_____	_____	_____
AB REACHES	_____	_____	_____	_____
PLANK HOLD	_____	_____	_____	_____
I FEEL MY PHYSICAL BODY HAS AN APPEARANCE OF (RATE 1-10, 10 BEING IDEAL TO YOU):				
APPEARANCE:	_____	_____	_____	_____

**FILL PAGE #1 OUT PRIOR TO YOUR PRE-CAMP EVALUATION AND BRING IT WITH YOU!
MAKE A COPY FOR YOURSELF PLEASE.**

INSTRUCTIONS FOR BODY MEASUREMENTS

www.MilwaukeeBootCamp.com

414-416-1622



*We usually don't measure the calf, but you can if you wish.

The tape should be pulled to where it is lying flat against the skin all the way around. Your goal, with body tape measurements is **consistency**. Take them the same way every time you take them and you will get an accurate view of your progress with each body part. No clothing should cover the measuring site.

ARMS (Right & Left): Standing with arms relaxed, measure the upper arm horizontally at the mid-point between the top of the shoulder and the elbow.

SHOULDERS: Standing with your arms relaxed, measure in back from shoulder to shoulder at the widest part of your shoulders.

CHEST: Standing relaxed, measure horizontally, around the largest part of the chest. Women – that means across the nipple.

WAIST: With a relaxed abdomen (stomach), measure around the narrowest part of the torso. This is usually at the level just below the bottom of the rib cage and above navel (umbilicus).

HIPS: While standing relaxed, measure horizontally around the largest part of the hips and buttocks.

THIGHS (Right & Left): While standing relaxed with legs slightly apart, measure horizontally at the widest part of the thigh. This will typically be halfway down the thigh.

MABC Nutrition Plan

Pre workout Snack (if you train in the morning)

Choose One Protein:

1 scoop protein powder in water
1/3-1/2 cup liquid egg whites scrambled
½ cup low fat cottage cheese

Choose One Carb:

1 slice Ezekiel (or WW) bread
4 Strawberries OR ¼ cup Blueberries
1 small Pear

Breakfast (or post workout meal)

Choose One Protein:

1 scoop protein powder in water
1/3 – ½ cup liquid egg whites scrambled
½ cup low fat cottage cheese
1 egg w/ 3 add'l whites scrambled (add veggies if making an omelet)

Choose One Carb:

1 slice Ezekiel (or WW) bread
1/3 – ½ cup dry measure oats
1 serv. Kashi go lean w/ Vanilla Unsweet. Almond Milk

Mid Morning and Mid Afternoon Snack the same

Choose One:

Red bell pepper slices & Low fat cheese, Pear slices & Low fat cheese
Apple & 1-2 TBSP Natural peanut butter, Celery sticks & 1-2 TBSP Natural peanut butter
3 oz non-nitrate deli meat wrapped in 2 oz low fat Swiss, 3-4 strawberries & ½ cup LF cottage cheese
½ grapefruit & 15-20 raw almonds, raw broccoli florets or carrots & LF Ranch dressing
Protein shake in water & ½ cup any veggie, 1 hard-boiled egg with two add'l whites
1 Rice cake with ½ avocado, 1 Choc. Rice cake with 1 TBSP natural peanut butter

Lunch & Dinner are the same choices

Choose One Protein:

3-5 oz lean chicken, turkey, pork
4-5 oz salmon, tilapia, shrimp
4-5 oz lean sirloin patty or flank steak
Egg White Omelet with veggies

Choose One Carb:

½ cup brown rice
4 oz yam or sweet potato
1 WW or Ezekiel Wrap
1 slice Ezekiel toast

Choose One Fat:

1/4 -1/2 avocado
¼ cup nuts (any kind)
1 Egg (includes yolk)
1 TBSP Olive or Flaxseed Oil

*Veggies can be unlimited but shoot for higher quality dark in color leafy green items like, green beans, broccoli, spinach salads, Brussel sprouts, red bell peppers, asparagus, onions, mushrooms, etc.

**Remember, turkey meat loaf and meatballs are super for variety too. Have it with a correct portion size of Whole Wheat pasta, yum! Craving a sweet? Try sugar free jello, no sugar added Swiss Miss Hot Cocoa, or fruit on cottage cheese.

Milwaukee Adventure Boot Camp (MABC)

OUTDOOR TRAINING

BRADFORD BEACH - 2400 N Lincoln Memorial Dr, Milwaukee, WI 53211
KLODE PARK - 5900 North Lake Dr, Whitefish Bay, WI 53217
ATWATER PARK – Lake Drive, Shorewood, WI 53211

2013 USAGE RELEASE AND INDEMNIFICATION AGREEMENT

RELEASE AND INDEMNIFICATION AGREEMENT. Milwaukee Adventure Boot Camp at PO BOX 11047, Milwaukee WI 53211, the Milwaukee County Parks System and the Whitefish Bay Parks and Recreation Dept.

The person named on this registration form wishes to use the coaching services operated by Milwaukee Adventure Boot Camp (MABC) and outdoor locations that will vary within the Milwaukee County Parks System and to include Atwater Park, Shorewood, Bradford Beach in the City of Milwaukee, WI and Wirth Park in Brookfield, WI and Klode Park in WFB, WI. MABC and its employees wish to ensure to the fullest extent possible that they are not sued or held liable for injuries sustained by users of any coaching service. I make this release and agreement on my behalf, and on behalf of anyone who would be able to sue if I were injured while using or attending coaching sessions. In return for being allowed to use MABC services, I agree and acknowledge as follows: 1) Training carries with it some risk of serious injury, including even in rare cases death. The risks include, but are not limited to those caused by over exertion, the equipment, the outdoor location/terrain, staff mistakes and actions of other users; 2) I assume all risk of attending coaching/training; 3) I understand that MABC and its employees/coaches are relying upon the agreements and representations I herein make; 4) I release MABC and its employees from any and all claims, including negligence claims and claims relating to personal injury or property, arising out of my use or attendance at any coaching session, except I do not release reckless or intentional tort claims; 5) I agree to indemnify MABC or its employees if I or anyone else brings a claim against MABC or its employees due to injuries I receive due to my using coaching services (“indemnify” here means to reimburse MABC or its employees for any sums they have to pay and expenses/fees they incur due to an injury claim relating to me); and 6) I have carefully read this document and understand it. With knowledge of the risks involved and the rights I give up, I waive the rights I might otherwise have, and I freely sign this document. I hereby expressly waive the right or opportunity to bargain for different release and indemnification terms.

Name: _____ Date: _____

Email Address: _____

Phone #: _____ Emergency Contact #: _____

Milwaukee Adventure Boot Camp Health History and Lifestyle Questionnaire

Name _____ Age _____ Today's Date _____

Street Address _____

City _____ Zip _____ Cell/Home Phone _____

MEDICAL/HEALTH HISTORY INFORMATION – CIRCLE ALL THE APPLY

HIGH BLOOD PRESSURE POOR CIRCULATION BACK PAIN (LOWER) ASMTA
HIGH CHOLESTEROL OSTEOPOROSIS SHOULDER PAIN/INJURY HERNIA
ARTHRITIS MS HEART CONDITION HYPER/HYPO THYROID DIABETES KNEE PAIN
ANKLE PAIN FIBROMYALGIA **EXPLAIN RECENT INJURIES:** _____

Do you smoke? **Y N** If yes, how long, how many packs per day? _____

Has a physician said there is any reason why you should not participate in physical activity? **Y N**
If yes, why? _____

GOAL, FITNESS, NUTRITION HABIT INFORMATION

How close to a boot camp location or the indoor studio do you live? _____ miles.

Do you work nearby? **Y N** Do you have school-age children? **Y N** Ages? _____

How much do you spend eating at fast food or sit down restaurants per month? \$ _____ per month.

How do you describe your current eating habits at home? _____

Are you willing to change your nutrition habits to reach your goals? **Y N**

How do you describe your current exercise habits? _____

What are your specific fitness goals? **CIRCLE ALL THAT APPLY**

LOSE BODY FAT GAIN MUSCLE FEEL BETTER LOOK BETTER SLEEP BETTER
INCREASE ENERGY INCREASE STRENGTH FLATTEN TUMMY REDUCE STRESS
LOSE _____ INCHES TONE UP SPORTS PERFORMANCE VACATION BE HAPPIER

What are you doing to achieve these goals, if anything? _____

Are you willing to work with a personal trainer/boot camp instructor to help achieve your goals? **Y N**

Is your spouse supportive in you reaching your goals? **Y N?**

How long has it been since you have been in IDEAL physical condition? _____

How long have you wanted to be in IDEAL physical condition? _____

How long have you been thinking about beginning a fitness program? _____

How serious are you about reaching your fitness goals? **CHOOSE THE MOST REPRESENTATIVE**

VERY SERIOUS – I will do what it takes and what my expert coach tells me.

SOMEWHAT SERIOUS – I will do a good job but not sure if I can stick to it.

KIND OF SERIOUS – I want to do it but am really out of shape and am busy with work/kids/life.

NOT REALLY – I want what I want but am NOT willing to change my current lifestyle to achieve it.

Are you able to exercise at least three (3) times per week for 30-60 minutes? **Y N**

Are you currently participating in an exercise/fitness program? **Y N**

Have you ever been a member at a gym or fitness center? **Y N**

If yes, why did you quit? _____

WHEN DO YOU WANT TO START? **YESTERDAY** **TODAY** **ASAP** **NEXT MONTH**

CLIENT SIGNATURE _____