



2015 OFFICIAL REGISTRATION



**NOW IS YOUR
TIME TO GET
FIT FOR DUTY.
FIT FOR LIFE.**

**★ ...AND WIN
A TRUCK ★**



FIT FOR DUTY. FIT FOR LIFE.
www.FitFirstResponders.org

WARNING:

This Material Is Copyright Protected

© Fit First Responders

ALL RIGHTS RESERVED. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photo copying, recording or any other information storage and retrieval system, without the written permission of Fit First responders LLC, and the publisher.

PUBLISHED BY:

Fit First Responders, LLC

8177 S Harvard Ave.

Suite 420

Tulsa, OK 74137

DISCLAIMER AND/OR LEGAL NOTICES:

While all attempts have been made to verify information provided in this book and its ancillary materials, neither the author nor publisher assumes any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional.

PRINTED IN THE UNITED STATES OF AMERICA

FIT FOR DUTY. FIT FOR LIFE.

Congratulations!

The fact that you are reading this tells me you are ready to WIN more in your Fitness, Nutrition and in Life.

As a First Responder, every day you witness the power of choice. You know how one decision can radically impact someone's life... for the good or bad. One choice, one decision can change your life forever.

In life, sometimes we make decisions or lack of decisions that overtime lead us to a place we don't really want to be... to that place where you may not even recognize that person in the mirror anymore and we ask ourselves, "How did I get here?"

FIT First Responders was created to provide you with an opportunity, that one choice that can help you win more in life. FFR was created to serve those that serve us each and every day. We believe that it is our duty and we feel honored and blessed to do so.

Being FIT is about you being the best YOU: Physically, mentally, emotionally, spiritually and relationally.

Over the next 25 weeks, you will build the most FIT you. Together we will create the right WINS in your FOCUS, FOOD and FITNESS choices and we will do that as a team made up of friends that become FAMILY.

You are only 25 weeks away from becoming the most Physically and Mentally Strong YOU so that you can be FIT FOR DUTY. FIT FOR LIFE. You can do all of this with the chance to WIN A 2015 CHEVY SILVERADO TRUCK!

WIN ALL DAY.

-COACH JC

FIRST RESPONDERS INFORMATION

Date: _____

Name(first): _____ (last) _____

Birthdate: _____ Gender: _____

Address: _____ City: _____ St: _____ Zip: _____

Cell Phone: _____ E-Mail Address: _____

Phone: _____ Emergency Contact Name: _____ Phone: _____

Occupation: _____

Pre-existing injuries / Medical Conditions? _____

Donation / Investment Information:

CC Type (circle one) Visa MasterCard Discover AMEX

CC #: _____ Exp: _____ CVV: _____

Name on Card: _____

Billing Address: _____ City: _____ St: _____ Zip: _____

E-Mail Address: _____ Phone: _____

FFR Terms and Conditions

1. Your donation of \$20 will automatically be drafted on the 5th of each month for 6 months.
2. There are no refunds. Once registered, you are committing to FFR to process these payments for 6 consecutive months.

I authorize FIT First Responders to process these payments for my membership.

Signature: _____ Date: _____

By signing below, you acknowledge that you have read the Rules and Regulations governing the 2015 Fit First Responders Truck Challenge, and you agree to be bound by these Rules and Regulations.

Signature: _____ Date: _____

YOUR INNER TRANSFORMATION

The following pages of your inner transformation are to be filled out completely and turned in during Registration on April 18-19, 2015 at Dynamic Sports Development, 4707 S. 102nd East Ave, Tulsa, OK 74137.

GOAL ASSESSMENT

Name: _____

Today's Date: _____

***BE AS SPECIFIC AS POSSIBLE WHILE ANSWERING THE FOLLOWING QUESTIONS:**

1. *What do I want to accomplish in my Body Transformation program?*

(These are my outcome goals for the next 25 weeks while committing to The FIT FIRST RESPONDERS PROGRAM. **(Your Specific "WHAT")**)

2. *Why do I want to accomplish my goals? (YOUR "WHY")*

3. *I will do just about anything except this:*

I am willing to do anything within reason to reach my goals except...

4. *When I reach these goals, what will I get and how I will feel?*

5. *My past record of attaining my desired fitness/weight loss/health goals has been:*

PERSONAL COMMITMENT

My 3 Key Goals are:

1.

2.

3.

"I hereby state that I will abide by my goals listed above. This contract is between myself and I. I know that I can do it! I know that I will achieve them! There is no stopping me! I have the discipline, determination, and the will to achieve all of my goals! From this day forward I consider it done! I will complete my goals by_____ (Date).

Today and from here on out, I will establish the no-quit mentality; the no-quit attitude. This commitment will be a declaration that I will finish what I have started and that I will finish strong! Today, I will sign this commitment stating that I will not only start, but finish!

Signature _____ **Date** _____

Your After Inner Transformation Questionnaire

(To be filled out ONLY during week 25 and turned in along with your After Story at the finish line event)

1. Why did you make the choice to compete in The FIT For DUTY. FIT For LIFE 25-week Challenge?

2. What were your original 25-week goals?

3. Did you accomplish your goals? What are your new goals you set for yourself after the 25-week FIT For DUTY. FIT For LIFE. Challenge?

4. What was your inspiration /motivation during your challenge (books, website, friend, family member, picture, coaches, etc.)?

5. If you were selected as The FIT For Duty. FIT For LIFE. WINNER what would winning a brand new truck mean to you and why?

Your External Transformation

DO NOT WRITE BELOW

The following pages of your External Transformation are to be completed at Registration on April 18th or 19th at Dynamic Sports Development by FFR Administration ONLY.

Pre and Post Measurements

*All measurements and pictures will be done at registration and at the close out event of the 25 weeks.

Measurements

Date / /

Neck: _____

Chest: _____

Waist: _____

Hips: _____

Thigh: R ___ L ___

Calf: R ___ L ___

Upper Arm: _____

Body Weight (in lbs.): _____

Office Use Only:

Received By:

Date: _____

Measurements

Date / /

Neck: _____

Chest: _____

Waist: _____

Hips: _____

Thigh: R ___ L ___

Calf: R ___ L ___

Upper Arm: _____

Body Weight (in lbs.): _____

Received By:

Date: _____



Name: _____ **Date of Birth:** _____ **Gender:** M / F
 (Please Print Legibly) (Last, First)

Patient's Phone Number: _____ **ID#** _____

Date of Request: _____

Dear Doctor:

I _____ consent for you to release the below health screening results to _____.

Health Screening Results

Fasting Screening	Results	Collect Date
Total Cholesterol		
HDL		
LDL		
Triglycerides		
Glucose		
Blood Pressure		
Weight		
Height		
Waist Circumference		
Body Mass Index		
Body Fat Percentage		

Physician Printed name

Date

Physician Printed name

Office Phone Number

My “Front Before” Picture

Date: / /

My “Front After” Picture

Date: / /

My “Back Before” Picture

Date: / /

My “Back After” Picture

Date: / /

CHECKOUT:

HIPPA Release _____

Waiver / Par Q _____

Scheduled Training Time _____

5:15am:

Mon Wed Fri.

Tues Thurs Fri .

6:30am:

Mon Wed Fri.

Tues Thurs Fri.

8:00am:

Mon Wed Fri.

Tues. Thurs. Fri.

10:00am:

Mon Wed Fri.

Tues Thurs Fri.

4:30pm:

Mon Wed Fri.

Tues Thurs Fri.

Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program.

PRE- REGISTRATION

First Responders Signature:

Date:_____

Office Use Only: Received By:

Date:_____

POST 25 WEEKS

First Responders Signature:

Date:_____

Office Use Only: Received By:

Date:_____

OFFICIAL RULES & REGULATIONS

The FIT FIRST RESPONDERS™ Fit For Duty Fit For Life Challenge 2015 (“2015 Challenge”) is a 25 week Challenge combining a physical body (external) transformation, and life transformation (internal). The 2015 Challenge will be conducted in Tulsa Oklahoma, United States of America and will be open only to Tulsa First Responding Personnel.

Challenge Overview:

1) The Fit First Responders Jim Glover Truck Giveaway Body Transformation Challenge runs from April 20, 2015 to October 9, 2015.

All participants must be registered before April 20th by attending a registration at DSD on April 18th or 19th and finish before October 9, 2015 while attending the Finish Line Post Measurements on Oct 10th or 11th. Each entrant has 25 Weeks (180 days) to complete their Body Transformation.

2) To Enter Challenge:

Each Tulsa First Responding Personnel must be present at the registration and complete the registration process in order to participate.

3) The First Responder™ Jim Glover Giveaway-Body Transformation™ Challenge will be judged by a panel of Chosen Professionals, including but not restricted to: Coach JC’s staff.

By entering this Contest, each winner of a contest prize consents to the use of his/her name, and/or photograph in any publicity carried out by the Contest Sponsor and its advertising and promotional agencies without further notice or compensation.

Timelines and Deadlines

To officially enter the 2015 Challenge you must apply at www.FITFIRSTRESPONDERS.org and register in person at DSD on the official registration dates and times and complete the required information to become officially entered.

Upon completing the 25-week 2015 Challenge, 2015 Challenge participants must take their post measurements, after pic and submit their story/questionnaire at DSD during the finish line event on October 10th or 11th.

All Official Entry Registrations must be turned in at DSD by the registration dates of April 18th or 19th.

Incomplete and not legible entries will be disqualified. All stories/questionnaires and “before” and “after” photos must be your own original from the 25-week challenge.

All participants must be present at the registration.

FIT FIRST RESONDERS™ is not responsible for internet connectivity, misplaced or lost entries.

Each participant must complete a full consecutive 25-week program (“25-week Program”) in order to be eligible to become a WINNER.

How You Will Be Judged

The 2015 Challenge judges will select one overall WINNER for the truck giveaway and a first place male and female, second place male and female. WINNERS will be chosen based upon the following criteria with a total of 100 points:

50 points (Panel Judged)

External Transformation– Pic – taken at DSD during registration and at Conclusion

Internal Transformation – Story – provided at registration and at Conclusion

50 points - (Compliant based – points received for performing and completing)

Attendance -10 points – (3 out of 5 days a week = Qualifying week/ 23 Qualifying weeks for points)

***ALL competitors MUST make 23 qualifying weeks to be eligible for the truck. Once 23 qualifying weeks are completed you will receive 10 points. If 23 qualifying weeks are not completed you will not be eligible for the truck.

Performance -20 points – (5 tests-performed at beginning, middle and end. Points for completion)

Medical – 20 points – (At DSD during registration and post finish line/turning in your Medical Sheet)

The likelihood of winning depends upon the number of entries received, and the quality of your entry compared to the quality of all other entry submissions as determined by the judges. In the event of a tie, WINNERS will be selected based solely on the inner transformation story and questions. All WINNERS will be chosen by the professional panel of judges to be selected by the Fit First Responders™ board members.

Who's Eligible to Enter the 2015 Challenge?

2015 Challenge participants must be a sworn in First Responder of Tulsa County and a resident of the United States, its territories and possessions, before starting their 2015 Challenge 25-week Program. The 2015 Challenge is subject to applicable federal and state laws and is void where prohibited.

Employees of FIT FIRST RESPONDERS™, Dynamic Sports Development it's affiliates, subsidiaries, and any of their advertising, promotion and internet agencies, or consultants and contractors providing services for the 2015 Challenge, and all their immediate family members, along with all those with whom they are domiciled, may participate, but are NOT eligible to win. Immediate family means any of the following: spouse, ex-spouse, defacto spouse, child or step-child (whether nature or by adoption), parent, step-parent, grandparent, step-grandparent, uncle, aunt, niece, nephew, brother, sister, step-brother, step-sister or 1st cousin.

Participants may not use anabolic steroids or any strength-enhancing prescription drugs or medications unless prescribed by a physician to treat an existing medical condition (medication and medical condition must be noted in the written portion of your packet). A medical note from the prescribing physician may be required. All prize winners will be required to sign an affidavit of eligibility, and may be drug and/or polygraph tested. If any winner is under the age of 21, Fit First Responders™ reserves the right to require the signature of a parent or legal guardian on any documents.

Regulations and Requirements

Fit First Responders reserves the right to interpret these rules and, if necessary, to amend the rules at its sole discretion and without notice to individual 2015 Challenge participants. Any amendments to the rules or changes in prizes will be published online at www.FITFIRSTRESPONDERS.org Rule interpretations and all judging decisions are final. All information and materials submitted along with your Official Entry Kit

become the sole and exclusive property of FIT FIRST RESPONDERS. 2015 Challenge participant scores are proprietary to Fit First Responders and will not be disclosed. Fit First Responders shall have the sole right in its sole discretion to disqualify any 2015 Challenge participant without explanation for any reason at any stage of the 2015 Challenge, and Fit First Responders shall be fully and completely released and discharged from any liability or responsibility in this regard.

Each 2015 Challenge participant assumes all risk of injury, harm or loss of any kind arising from participation in the 2015 Challenge. Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with strength training, or if you are changing your exercise program, consult with a qualified trainer or coach. 2015 Challenge participants expressly release Fit First Responders, its distributors and affiliated companies, and the directors, officers and employees of any of them from all risk, loss, injury, damage or harm that may arise from participating in the 2015 Challenge.

2015 Challenge participants must notify Fit First Responders in writing of any change of address or phone number. WINNERS who cannot be reached within ten (10) days at the address or phone number in their completed Official Entry Kit will be disqualified.

Submission of your completed Official Entry Kit in the 2015 Challenge constitutes your express consent and permission for Fit First Responders, and any of its affiliated companies, to use your name, photographs and written responses (in whole or in part) for promotional and advertising purposes to promote Fit First Responders, Dynamic Sports Development products, its business, and JJC Enterprises, in any media and in any manner whatsoever, without limitation or restriction or further consideration of any kind, and such consent is deemed given by your entry and participation in the 2015 Challenge. Submission of your completed Official Entry Kits shall be deemed your acceptance of these Rules and Regulations (as may be amended) and your voluntary transfer to Fit First Responders of all right, title, and interest, including copyright, of your photographs and written responses.

Prizes and Approximate Retail Values

There will be 5 Overall Winners (Four runner up winners and The overall 2015 Truck WINNER receive):

Overall 2015 WINNER – A 2015 Jim Glover Chevy Silverado Truck (\$40,000.00)

First Place Male Winner - \$1000 cash + prizes

First Place Female Winner - \$1000 cash +prizes

Runner Up Male Winner - \$1000 cash + prizes

Runner Up Female Winner - \$1000 cash + prizes

****The 2015 Prize Package will be enlarged with prizes throughout the 25 weeks.**

Prize values state approximately the recommended retail value as provided by the supplier(s) and are correct at time of printing. All prize values (or where relevant, possible maximum value), are in US dollars. Fit First Responders™ takes no responsibility for any variation in prize values.

All winners are responsible for all applicable taxes; prizes are not transferable; and there will be no substitutions for the prizes except at the option of Fit First Responders™ in the event of unavailability. All winners must sign a declaration and release form confirming compliance with the contest rules, acceptance of the prize as awarded and releasing Fit First Responders and its affiliates, its advertising and promotion agencies, the contest judges and their respective officers, directors, agents, representatives, successors and assigns from any liability in connection with 2015 Challenge, the entrant's participation therein and/or the awarding and use of the prize or any portion thereof. Category WINNERS will become an exclusive endorser for Fit First Responders and related products and services for 2015.

Arbitration and Choice of Law

Except where prohibited by law, as a condition of participating in the 2015 Challenge, participant agrees that: (1) any and all disputes and causes of action arising out of or connected with the 2015 Challenge, or any prizes awarded in connection therewith, shall be resolved individually, without resort to any form of class action, and exclusively by a sole arbitrator in a binding, non-reviewable and non-appealable proceeding conducted in accordance with the Non-Administered Arbitration Rules of the International Institute for Conflict Prevention & Resolution (2) any such proceeding shall be held in Tulsa, Oklahoma and (3) judgment upon such arbitration award may be entered in any court having jurisdiction. Under no circumstances will participant be permitted to obtain awards for, and participant hereby waives all rights to claim, punitive, incidental or consequential damages, or any other damages, including attorneys' fees, other than participant's actual out-of-pocket expenses (i.e., costs associated with entering this contest), and participant further waives all rights to have damages multiplied or increased. All issues and questions concerning the construction, validity, interpretation and enforceability of these Official Rules, or the rights and obligations of participants and Fit First Responders in connection with the 2015 Challenge, shall be governed by, and construed in accordance with, the substantive laws of the State of Oklahoma, USA without regard to Oklahoma choice of law rules.

Fit First Responders does not necessarily adopt or endorse, and does not accept any liability for, any statements or claims that are made by any retailer or partner or associate, or website content that is posted on retailer or partner or associate sites.

Failure by Fit First Responders to enforce any of its rights at any stage does not constitute a waiver of those rights.

Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program.

The Contest Sponsor's rulings are final and without appeal in all matters related to this Contest and the awarding of the prizes. The contest is subject to all applicable federal and state laws and regulations.

All entries become the property of the Contest Sponsor and will not be returned.

Contest Sponsor, its advertising and promotion agencies assume no responsibility for lost, stolen, delayed, damaged, illegible, incomplete, postage-due, garbled or misdirected entries or entries that have been submitted through illicit means, or do not conform to or satisfy the Contest Rules or for any problems or technical malfunction of any telephone network or lines, computer on-line systems, servers, access providers, computer equipment, software, failure of any entry to be received or traffic congestion on the internet or at any website, or any combination thereof including any injury or damage to an entrant's or any other person's computer related to or resulting from playing or downloading any material in the contest.

If, in the Contest Sponsor's exclusive judgment, this Contest becomes compromised in any way, Sponsor reserves the right to cancel or suspend the Contest, to withdraw the promotion offer, to cancel any method of entry, to void any entries submitted fraudulently or select winners from all eligible entries received prior to act that compromised the Contest. Any attempt to deliberately damage the content or operation of the Contest is unlawful and subject to legal action by the Contest Sponsor and its agents. Contest Sponsor shall have the sole right to disqualify any contestant for violation of the Official Rules or any applicable laws relating to the Contest, and to resolve all disputes in its sole discretion. The Contest Sponsor is not responsible for any errors or omissions in printing or advertising this Contest.

The Contest Sponsor collects your personal information for the purposes of registration, program evaluation and to keep you informed about The Challenge. The Contest Sponsor may, if consent was given during registration, also contact you from time to time with information about other ways you can lose weight.

The Contest Sponsor will not share any personal data about entrants with any other party. The personal data collected for this Contest will not be used for any other purposes unless entrants provide explicit permission as indicated on the entry form. For more information about our privacy practices or to obtain a copy of our Privacy Policy, contact us at info@FitFirstResponders.org

By entering this Contest, entrants agree to release and hold harmless the Contest Sponsor and their respective employees, officers, directors, agents, representatives, successors, assigns, advertising and promotional agencies from any liability for any loss or damage of any kind to the entrant or any other person in connection with this Contest or participation in any Contest related activities, including but not limited to the taking of a urine test or, if declared a winner, the use or misuse of a prize or any portion of a prize including personal injury, death or property damage.

This Contest will run in accordance with these Contest Rules, subject to amendment by the Contest Sponsor. Contest Sponsor reserves the right to cancel, amend, modify or terminate this Contest or the Rules at any time in its sole discretion and without notice.

Entrants must comply with these rules, and will be deemed to have received and understood the rules

Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program.



FIT For Duty. FIT For Life.

Copyright © 2015
Fit First Responders Inc.
Tulsa, Oklahoma U.S.A.