

## Welcome Packet & Intake Form

For Adults and Minors (Parent/Guardian required for minors)

Welcome to Jaelon Jeanmard Fitness. This packet outlines our standards, policies, and safety expectations, and it includes the intake form required to personalize your training. Please review and complete all sections. Our goal is to deliver a professional, results-driven, and safe experience at every session.

Client Name

Client Type

Adult

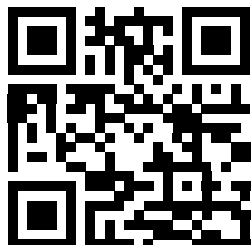
Minor (Parent/Guardian required)

Program Start Date

Program End Date

Program Name

Scan to Begin Your Onboarding



Training Location: 1401 W Memorial Loop Dr, Houston, TX

# Jaelon Jeanmard Fitness

Building Strong Men. Building Legacy.

## Welcome Letter

Thank you for choosing Jaelon Jeanmard Fitness. Our coaching is built on structure, accountability, and a positive environment. Each session blends mobility, calisthenics/strength, athletic conditioning, and recovery. We prioritize safety, clarity in communication, and measurable progress.

## Services Overview

• Online Personal Training • Group Training (Youth & Adult) • Nutrition Coaching • Optional Transportation (within 15 miles): \$10 one-way / \$20 round trip (scheduled 24+ hours in advance) • Payments processed via Everfit only (Card/ACH through Stripe)

## Professional Boundaries

We provide fitness and wellness services only. We do not engage in third-party payments, personal favors, or requests outside the scope of services. Any attempt to manipulate, defraud, or violate boundaries may result in immediate termination of services.

Phone: 346-593-2069 • Email: coachjaelon99@gmail.com

Web: jaelonjeanmardfitness.com • Location: 1401 W Memorial Loop Dr, Houston, TX

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## Payment Policy

- All payments are processed via Everfit (Card/ACH through Stripe).
- Programs must be paid in full or according to an agreed schedule before sessions begin.
- We do not accept cash at pickup or manage money for third parties.

## Refund & Integrity Policy

- Cancel up to 72 hours before the program start date for a full refund (minus processing fees).
- Cancellations within 72 hours of the start date are non-refundable; one reschedule may be offered when reasonable.
- After the program begins, no refunds are issued (including missed sessions, no-shows, or early withdrawal).
- Sessions may be rescheduled with at least 24 hours' notice; otherwise, the session is forfeited.

## Transportation Policy

- Optional pickup/drop-off within a 15-mile radius of the training site: \$10 one-way / \$20 round trip.
- Schedule transportation 24+ hours in advance; availability must align with the training schedule.
- A signed transportation waiver is required for adults and minors who opt in.

I have reviewed and agree to the Payment, Refund & Integrity, and Transportation Policies.

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## Intake — Personal & Contact Information

Participant is:

Adult

Minor (Parent/Guardian required)

**Participant Full Name**

**Age**

**Email**

**Phone**

**Parent/Guardian (for minors)**

**Guardian Email**

**Guardian Phone**

**Emergency Contact (Name & Relationship)**

**Emergency Contact Phone**

**How did you hear about us?**

Phone: 346-593-2069 • Email: coachjaelon99@gmail.com

Web: jaelonjeanmardfitness.com • Location: 1401 W Memorial Loop Dr, Houston, TX

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## Health & Fitness Profile

Current Activity Level (1–10)

Injuries, medical conditions, or restrictions (please describe):

Primary Goals (check all that apply)

Weight Loss

Strength / Hypertrophy

Athletic Conditioning

Mobility / Flexibility

Confidence & Discipline

Healthier Lifestyle Habits

Dietary preferences / notes (optional):

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## Scheduling & Transportation

Preferred training days/times:

Would you like at-home workouts for off-days?

Yes

No, not at this time

## Transportation (Optional Service)

Do you need pickup/drop-off?

Yes

No

Pickup Address (if applicable):

## Transportation Waiver Acknowledgment

Transportation is optional and provided by Coach Jaelon as a separate service. By selecting this option, you consent to travel to/from sessions. Jaelon Jeanmard Fitness is not responsible for delays due to traffic or unforeseen events. Clients agree to be ready on time and to follow safety expectations during transport.

I agree to the Transportation Waiver

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## Safety, Liability & Code of Conduct

Participation in physical training involves inherent risks. Clients agree to disclose relevant medical information and to follow coaching instructions at all times. Jaelon Jeanmard Fitness and Coach Jaelon are released and held harmless from liability for ordinary negligence. Respectful communication and conduct are required at all times.

## Agreement & Acknowledgment

By signing below, I confirm that I have reviewed and agree to the Payment, Refund & Integrity, Transportation, Safety, and Professional Boundaries policies contained in this packet. I understand that all payments are processed via Everfit and that no refunds are issued after the program begins. I agree to uphold punctuality and follow safety instructions during all sessions.

**Participant Signature**

**Date**

**Parent/Guardian Signature (if minor)**

**Date**

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## Submission & Next Steps

- Save this PDF after completing all fields and upload it to your Everfit client portal, or email it to coachjaelon99@gmail.com.
- Questions about scheduling or transportation? Text/call 346-593-2069.
- Training meets at: 1401 W Memorial Loop Dr, Houston, TX. Please arrive 5–10 minutes early.
- Thank you for choosing Jaelon Jeanmard Fitness. We look forward to working with you.

I confirm that I have completed this packet accurately and agree to all terms.