

The Fitness Race™

Participant's Covenant

The purpose of The Fitness Race™ community of participants worldwide is to provide training and nutrition advice to participants so that they are inspired to make health a priority, which successful participants have learned brings life into better balance. Many participants have seen this improved balance lead to more confidence in all areas, empowering participants to encourage and inspire each other while having fun doing it.

Each participant agrees to "Take- on" another participant and hold them accountable, which creates a great sense of fellowship and community. The goal of each participant is to be healthy and active, and lead by example, allowing us the authority and desire to pay it forward to others who are struggling with their weight.

The vision of The Fitness Race™ is to inspire participants towards a lifestyle change to better health and fitness so they can be as light and as fit as they choose for life empowering them to opt for optimal health and longevity and, in the end, make God- honoring decisions about their health and fitness.

The goal of The Fitness Race™ is to inspire and lead people to lose one billion pounds of excess weight and donate \$1billion annually to charity before March 30, 2013.

- I agree that my physical weight and fitness is a condition of choice, that I am responsible for all excess weight I carry and I say publicly that I "own" the problem, have gathered sufficient resolve to take the actions necessary required by my race goal.
- I agree to support and encourage the other participants in The Fitness Race in the achievement of our health, nutrition and fitness goals (either a triathlon or an alternate goal accepted the by the leader) by the target date of February or August _____ (my race day)
- My Peer Coach Leader has cleared the following race (name, location & time) as being qualified for participants of The Fitness Race on the date above:

• I understand I am encouraged to participate in as many optional meetings and teleconferences as I can until, my race date above, at which point The Fitness Race envisioned by this covenant will be concluded.

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- All teleconferences and meetings will agree to start on time, on dates announced via email and likewise I agree to arrive on time.
- I agree to submit to and follow the course outlined by the leadership of The Fitness Race.
- Peer-Coach Accountability:
 - I agree to actively participate in a peer coaching group for weekly accountability, usually by phone, until my race day.
 - I acknowledge that the accountability coaching I receive will be upfront and honest regarding any shortcomings observed that might put my goal or my health at risk, which is OK with me since it is all permission-based and I give my consent to receive communication from other participants of The Fitness Race that is candid, direct and forthright. I further agree that all encouragement and support is to reinforce my own determination, but not be a replacement for it. I agree that, in the end, this is my goal, not anyone else's and I am personally responsible for my own encouragement.
- I agree to abide by the Rules of Accountability
 - I agree to NEVER (ever) miss a call with my peer-coaches, my absence will negatively affect two people I care about and I agree not to do that to them. I care too much about their success, and my own, to cause such a major disruption as that.
 - If I am the cause of the need to reschedule a call, I agree to giving 48 hours notice, and then being highly flexible with my schedule for rescheduling the time (If the call cannot be rescheduled by the others, I agree to keep the call at the agreed upon time – regardless of the consequences)
 - I agree to document my goals each week and submit them to both my peer-coaches each Monday morning (before noon central time) for that week.
 - I agree to create a list of specific action items each week that will result in my goal being accomplished by the target date. I further agree to place them in priority order and email them to my peer coaches at least two hours prior to each peer-coaching call.
 - I agree to time-block every item on my weekly prioritized list of action items onto my calendar prior to each weekly call
 - I agree to have my Road-Map to Success in front of me during the call so I can focus on my goals and update my progress on the Road-Map weekly.
 - I agree to run my week starting on Monday ending on Sunday

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- I agree to develop and grow by committing to selflessly serve, advise, coach, mentor and “take on” at least one other participant by:
 - being a role model and a monument to “leading by example”
 - agreeing to check-in with them on a weekly basis for
 - mentoring
 - Insist that they measure progress against their goal
 - accountability coaching no- nonsense encouragement (tell them what they need to hear, not necessarily just what they want to hear)
 - seeking ways to encourage and “add value to them”
 - I agree to be their Chief Encouragement Officer (CEO) until THEIR RACE DAY
- I am committed to four hours of physical training per week until race day (minimum 12 weeks)
- I agree to track, and submit to my accountability coach weekly, all the food I consume until race day.
- We all agree to be patient and kind. We agree not to be jealous or boastful or proud or rude. We agree not to be demanding, but to selflessly help each other succeed. We agree not to be irritable, and to not take each others' frustrations personally and to focus each other relentlessly on the future, regardless of any past successes or failures.
- We further agree to treat each other the same way we would want to be treated in the same situation.

Participation: I understand that I must be cleared by a Peer Coach Leader prior to being accepted as a participant in The Fitness Race. Everyone is given the right to their own opinion, and “dumb questions” are encouraged and respected. This covenant is based on love and loyalty to the group and in support of this we all agree to

- Show up on time
- Do what I say I'm going to do
- Finish to the end of The Fitness Race
- Proactively encourage the other participants

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Confidentiality: anything of a personal nature that is said in the meeting is never repeated outside the meeting, without advance permission of the individuals involved. Requests for complete confidentiality will be honored.

Paying it forward: I agree to pay back all those who selflessly served me and encouraged me in my life by "paying it forward" to others who are struggling with their weight by encouraging them to join The Fitness Race wherever they are in the world. I agree to proactively seek out those in need to share my story and the story of other participants in The Fitness Race. I further agree to continue to lead by example after my race day, to eat in moderation and continue my physical training so that I am continuing to inspire others by providing encouragement and hope to individuals struggling with their weight in our neighborhoods, our homes and or at work.

Generous Giving: I agree to track my weight (with my name withheld to the public, if I wish) to help measure the impact of The Fitness Race. I further agree to donate, or raise, \$1 per year for my favorite charity(ies) for every pound I keep off.

Finally, I agree to commit to myself and my peer-coaching group that I will show up on race day and attempt with all my heart and all my strength to safely finish this race. I agree to clear my calendar of enough other commitments to accommodate a minimum of five hours per week for The Fitness Race and my fitness goals (a minimum of four hours of physical training per week and one hour of accountability coaching per week). I commit to making optimal health and longevity a priority in my life and on my calendar until race day. I agree NOT to sign this covenant unless I have committed to making whatever effort is required to complete my race, no matter what. I understand that at the moment I sign my name to this covenant I am fully committed to The Fitness Race until race day and that there is no longer any way out of this race and will agree not to even attempt to escape this responsibility; after I sign this covenant "that ship has sailed."

Signed _____

Print Name _____ Date _____

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Contact phone _____ Contact email _____

Age _____ Height _____ Weight _____

Emergency Contact Name _____

Relationship & Phone _____

Accepted by Peer Coach Leader _____