



Welcome,

The purpose of this program is to help you improve your performance in life, work, and sport. To feel, move and perform better.

We are not all professional athletes, but we all deserve to be supported as if we were because life has no off-season. The season is lifelong. UpRight Movement will provide you with an efficient means to achieve your desired results. Through our research and development we can create a program designed to assist you in achieving your goals, regardless of your background. Our sound principle-based systems are centered on the consistent practice of proper Mindset, Recovery, Nutrition/Hydration, and Movement.

UpRight Movement is honored and has a responsibility to the people it serves and has high expectations for them. At the same time, we believe that you are ultimately responsible for your own success. Therefore, while you are engaged in the UpRight Movement experience we expect the following:

- Sound effort
- Honesty
- Excellence
- Consistency
- Enjoyment of the process

Results are not guaranteed; they are earned. To be sure you get the most out of your experience, UpRight Movement encourages signing this agreement. By signing you are stating that you are committed to improving your performance and are willing to give your best and be honest with yourself so that we may strive for excellence together.

Signature:

_____ Date: _____

Witness:
