

UC Santa Barbara WorkStrong Participant Agreement

The WorkStrong program involves your commitment to attend 1-2 one-hour sessions per week for 12-16 weeks. Consider this carefully. Your full participation is needed in order for you to get the most out of your program.

Program Requirements:

1. **Return phone calls, texts or emails from the WorkStrong Program staff within 48 hours.** This includes Personal Trainers, Massage Therapists, Yoga Therapist, Nutrition Educator and WorkStrong Coordinator. _____
2. **Please provide 24 hours notice if you need to cancel an appointment.** All WorkStrong appointments must be completed within 12-16 weeks. Any remaining sessions may be forfeited. _____
3. **A session will be lost** if you do not notify your WorkStrong Provider of a cancellation or reschedule at least 24 hours before your scheduled appointment. _____
4. A total of **3 missed appointments** of any kind, with any WorkStrong Provider will result in your termination from the program. _____

I have read and understand the WorkStrong program requirements and agree to abide by them. I am able to attend 1-2 one-hour sessions per week, and understand that my success in the program depends on my full effort and participation.

Signature

Date

Print Name

