



## Sports Nutrition Workshop Registration Form

Name: \_\_\_\_\_

Telephone: (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

Email address: \_\_\_\_\_

Address (work or home): \_\_\_\_\_ Postal Code: \_\_\_\_\_

### IMPORTANT INFORMATION

#### TERMS AND CONDITIONS:

I am registering for the Sports Nutrition Workshop, May 28, 2008: \$125.00 + GST = \$131.25

Please make check payable to Lauren Jawno.

Payment must be received by Lauren Jawno by May 21, 2008.

A \$15.00 charge applies for NSF checks.

Should you wish to withdraw from the Workshop please contact Clara Northcott at 905-274-1620 or email: [claranorth@aol.com](mailto:claranorth@aol.com) Refunds will only be issued up until one week prior to the workshop.

#### QUESTIONNAIRE:

Please answer the following questions:

1. How many hours a week do you run? \_\_\_\_\_
2. When was the last race you did? What was the distance? What was your time?  
\_\_\_\_\_  
\_\_\_\_\_
3. What is the next race you plan to run? \_\_\_\_\_
4. Do you have any pre-existing health conditions or injuries? YES/NO  
If yes, please list. \_\_\_\_\_
5. Please list what you most want to learn from this workshop:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Would you be interested in attending an all-inclusive workshop led by a panel of doctors and experts covering multiple topics such as injury prevention, cross training, biomechanics, injury management, nutrition etc.? YES/NO

*Designing effective Fitness, Nutrition and Life Coaching Programs*

809-38 William Carson Crescent, Toronto, M2P 2H2

416.523.1990

lauren@jawno.com

www.jawno.com



WHAT YOU WILL NEED TO BRING TO THE WORKSHOP:

1. Complete the attached food journal for 2 – 3 days. DO NOT change anything you are doing now, just complete it with how you are currently eating.
2. Bring 3 – 4 packages/food labels of foods/items you most frequently eat or enjoy including in your diet.

WAI VER:

1. The services provided by Lauren Jawno are at all times restricted to consultation on the subject of nutritional matters intended for general nutritional well-being and weight loss, and do not involve the diagnosing, prognosticating, treatment, or prescribing of remedies for any disease or illness, or any licensed or controlled act which may constitute the practice of medicine in this Province.
2. Lauren Jawno's programs are not to be used as a substitute for medical advice. I am not a medical organization nor do we provide medical advice. Any questions of a medical nature should be directed to your physician or other medical profession.
3. It is advised that you consult a physician or other medical professional before commencing any nutrition or weight loss program, particularly if you are pregnant, breastfeeding or have any physical conditions which may be affected by changes in nutrition and dietary regimens. As weight loss can create physical changes in the body, we recommend that you visit your physician or other medical professional regularly to monitor your weight loss.
4. Individuals who are pregnant or have a pace-maker should refrain from using the body-fat monitor.
5. When used as directed, the Program is intended to help healthy individuals lose weight in a safe and effective manner. Lauren Jawno does not warrant or make any representations regarding the use of the Program (including materials associated therewith) or the results obtained there from.
6. Any materials provided as part of Lauren Jawno's programs is copyright of Lauren Jawno. Lauren Jawno hereby grants you a limited license to use such materials solely for your personal use. You are prohibited to reproduce such materials in any manner whatsoever or provide such materials to any third party without the express written consent of Lauren Jawno.
7. You agree to indemnify and hold harmless Lauren Jawno and representatives from any and all claims, liability, damages, losses and/or costs (including, but not limited to reasonable attorney fees and expenses) arising from your participation in the Program (including, without limitation, your violation of the terms hereof), including the use of the materials associated therewith.
8. You expressly understand and agree that Lauren Jawno shall not be liable for any direct, indirect, incidental, special, consequential, exemplary or punitive damages, or any other damages whatsoever (even if we have been advised of the possibility of such damages), arising out of, or resulting from the use of the Program (including, without limitation, the materials associated therewith). In no event shall our total liability to you for all damages, losses, and causes of action (whether in contract, tort – including, but not limited to negligence – or otherwise) exceed the amount paid by you, if any, for utilizing the Program. *If you are dissatisfied with any portion of the Program, your sole and exclusive remedy is the discontinuation of your participation in the Program.*

I understand and accept the above terms and conditions and am signing voluntarily:

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Signature

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Date

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FOOD JOURNAL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

PLAN and accurately record everything you eat and drink each day.

Meal/ Snack	What I ate/drank	Portion	Time	Comments from Nutritionist
Upon Rising				
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack (If necessary)				

Water Intake (# of cups):    1   2   3   4   5   6   7   8   9   10   11   12   >12

Supplements: \_\_\_\_\_

Exercise/Activity: \_\_\_\_\_

Special Health Concerns: \_\_\_\_\_

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