



ABOUT ELITE 24:

OUR MISSION: To turn athletes into extreme / high performing sports & recreation athletes by creating a roadmap using FITNESS, NUTRITION and ADVENTURE ACTIVITIES as a foundation. To encourage and give our athletes the tools to be diverse with their lifestyle and provide coaching as a means of achieving their fitness, sports and adventure goals.

OUR VALUES: To treat our MALE, FEMALE and YOUTH athletes with respect and encourage them to be united in their fitness, nutrition and sports/adventure goals. To challenge our athletes to be physically and mentally prepared for the lifestyle they are about to experience. To encourage our athletes to be diverse with their sports/adventures.

OUR COMMITMENT: To make YOU, the extreme / high performing lifestyle athlete you have always dreamt of!

WHAT YOU WILL RECEIVE FROM ELITE 24:

- Weekly bootcamp with like-minded athletes
- A nutrition plan tailored to you
- A daily workout plan tailored to you
- Access to a monthly group adventure
- One on one coaching and fitness partnership

WHAT ELITE 24 NEEDS FROM YOU:

- 110% Commitment to the plan designed for you
- Encourage others to support you and bring a partner with you to camp
- Participate in the Elite24 One-week baseline challenge
- Turn in your results of your 1 week baseline challenge along with:
 - Your current fitness level
 - Your (3) adventure/sports goals
 - Information about you



Elite 24 benchmark challenge:

- SUNDAY
 - 1 Mile Run (Time): _____
 - 1 Minute Situps (Qty): _____
 - 1 Minute Pushup (Qty): _____
- WEDNESDAY
 - 1 Mile Run (Time): _____
 - 1 Minute Situps (Qty): _____
 - 1 Minute Pushups (Qty): _____
- SATURDAY
 - 1 Mile Run (Time): _____
 - 1 Minute Situps (Qty): _____
 - 1 Minute Pushups (Qty): _____

Describe how you felt after each days challenge and describe if you feel you improved after the week (Also, think about the food you ate before and through the day and how that made you feel):

RANK YOUR CURRENT FITNESS LEVEL:

- Rank your fitness level 1-10 (10 being the best)
- Rank each of the (6) categories in order of strength
 - (Rank: _____) **SPEED:** 1 2 3 4 5 6 7 8 9 10
 - (Rank: _____) **POWER:** 1 2 3 4 5 6 7 8 9 10
 - (Rank: _____) **ENDURANCE:** 1 2 3 4 5 6 7 8 9 10
 - (Rank: _____) **AGILITY:** 1 2 3 4 5 6 7 8 9 10
 - (Rank: _____) **NUTRITION:** 1 2 3 4 5 6 7 8 9 10
 - (Rank: _____) **MENTAL TOUGHNESS:** 1 2 3 4 5 6 7 8 9 10

TELL US WHAT (3) ADVENTURE/SPORTS YOU EXPECT TO COMPLETE IN 2018:

- Choose (1) activity you want to do from each of the following categories (Think extreme and outside the box)
 - Activities that take place on **LAND** (Rock Climb, Ice Climb, Hike a Specific Mountain, etc.): _____
 - Activities that take place in **WATER** (Water Ski, Surf, Scuba Dive, etc.): _____
 - Activities that take place in the **AIR** (Skydive, Wind Tunnel, Hang Glide, etc): _____
 - Competitive Sports: (Basketball, Tennis, Soccer, Baseball, Football, etc.): _____



Tell Elite24 Coaches About You:

- Your Name: _____
 - If a minor (parents name): _____
- Age: _____
- Gender: _____
- Height: _____
- Weight: _____

- Tell us about sports or activities you played in the past:

- What are your fitness goals?

- Describe past injuries, rehab process and limitations from injury:

- Are you on a specialized diet? Or do you follow a specific meal plan? Describe:

