



Group Member Commitments

You commit to:

-  Showing up fully and being open to the challenge.
-  Being a good teammate.
-  Approaching this experience in a mindful and vulnerable way.
-  Demonstrating a "Will Do" attitude.
-  Exploring your discomfort zone (mentally, physically, and spiritually)... that's where the growth lives.
-  Not sue us. You take ownership and responsibility for your experience. You've consulted with your doctor and are cleared to engage in these types of exercises.

Print Name: _____

Signature: _____

Date: _____