

Dear Parents,

How are you?

I am Nicole Chung from Diocesan Girls' School, Hong Kong.* Your child, _____, has expressed his/her interest in participating in the Witness Fitness Programme training sessions. Witness Fitness is a non-profit program that I founded, which aims at providing Zoom strength training exercise sessions for primary school students in Asia. It is hoped that students will be able to lead a healthier lifestyle by learning about simple and safe exercises that can be done at home. The sessions will be hosted by student-athletes from Hong Kong. The 'mentors' have all undergone interviews and proved their capability and will to lead the Witness Fitness sessions.

By signing this consent form, you are consenting to your child becoming a mentee of Witness Fitness. Please note that mentees are encouraged to turn on their cameras during the Zoom training sessions and participate actively. Some pictures will be taken during the session and may be uploaded to the Witness Fitness website. Should you consent to Witness Fitness using photos of your child, please fill in the table below.

<p>I, _____, parent of _____, consent to my child's participation in the Witness Fitness programme.</p> <p>I, _____, parent of _____, consent to Witness Fitness using my child's photos.</p> <p>Signature: _____</p>

For more information about Witness Fitness, feel free to browse the Witness Fitness website.

Thank you.

Best regards,

Nicole

*Please note that Witness Fitness is not sponsored, affiliated, or related to Diocesan Girls' School in any way, shape or form. Witness Fitness is my private endeavor.