



## Harford Distance Project Sign Up Instructions

### Instructions:

- Go to <http://www.performanceresourcellc.com>
- Go to the Distance Project tab on the left menu bar and click to open up HDP page
- On the left menu bar fill out and submit the following:
  - a. Client Registration
  - b. Health History
  - c. PAR-Q
  - d. Informed Consent
- On the HDP page, fill out the goals and expectations in the window provided
- On the HDP page forward your payment via the PayPal button