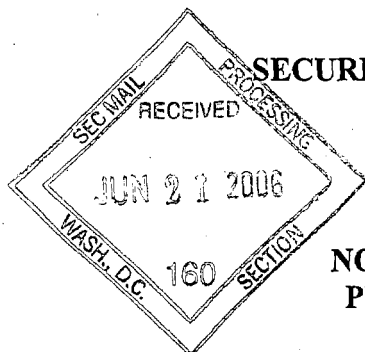


1369474

SEC 1972 Potential persons who are to respond to the collection of information contained (6/02) in this form are not required to respond unless the form displays a currently valid OMB control number.

ATTENTION

Failure to file notice in the appropriate states will not result in a loss of the federal exemption. Conversely, failure to file the appropriate federal notice will not result in a loss of an available state exemption state exemption unless such exemption is predicated on the filing of a federal notice.



UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM D

NOTICE OF SALE OF SECURITIES
PURSUANT TO REGULATION D,
SECTION 4(6), AND/OR
UNIFORM LIMITED OFFERING EXEMPTION

PROCESSED
JUL 21 2006
THOMSON
FINANCIAL

OMB APPROVAL	
OMB Number: 3235-0076	
Expires: May 31, 2005	
Estimated average burden hours per response...16.00	

SEC USE ONLY		
Prefix		Serial
DATE RECEIVED		

Name of Offering (check if this is an amendment and name has changed, and indicate change.)

P5 Performance Training and Physical Therapy, Inc.

Filing Under (Check box(es) that apply): ☐ Rule 504 ☐ Rule 505 ☒ Rule 506 ☐ Section 4(6) ☐ ULOE

Type of Filing: ☒ New Filing ☐ Amendment



06040177

A. BASIC IDENTIFICATION DATA

1. Enter the information requested about the issuer

Name of Issuer (check if this is an amendment and name has changed, and indicate change.)

P5 Performance Training and Physical Therapy, Inc.

Address of Executive Offices (Number and Street, City, State, Zip Code) Telephone Number (Including Area Code)

1100 South Coast Highway, Suite 203, Laguna Beach, California 92651 (949) 936-1398

Address of Principal Business Operations (Number and Street, City, State, Zip Code) Telephone Number (Including Area Code)
(if different from Executive Offices)

~~~~~

This notice shall be used to indicate reliance on the Uniform Limited Offering Exemption (ULOE) for sales of securities in those states that have adopted ULOE and that have adopted this form. Issuers relying on ULOE must file a separate notice with the Securities Administrator in each state where sales are to be, or have been made. If a state requires the payment of a fee as a precondition to the claim for the exemption, a fee in the proper amount shall accompany this form. This notice shall be filed in the appropriate states

in accordance with state law. The Appendix in the notice constitutes a part of this notice and must be completed.

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**A. BASIC IDENTIFICATION DATA**

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2. Enter the information requested for the following:

- Each promoter of the issuer, if the issuer has been organized within the past five years;
- Each beneficial owner having the power to vote or dispose, or direct the vote or disposition of, 10% or more of a class of equity securities of the issuer;
- Each executive officer and director of corporate issuers and of corporate general and managing partners of partnership issuers; and
- Each general and managing partner of partnership issuers.

---

|                           |                                   |                                           |                                                       |                                              |                                                          |
|---------------------------|-----------------------------------|-------------------------------------------|-------------------------------------------------------|----------------------------------------------|----------------------------------------------------------|
| Check Box(es) that Apply: | <input type="checkbox"/> Promoter | <input type="checkbox"/> Beneficial Owner | <input checked="" type="checkbox"/> Executive Officer | <input checked="" type="checkbox"/> Director | <input type="checkbox"/> General and/or Managing Partner |
|---------------------------|-----------------------------------|-------------------------------------------|-------------------------------------------------------|----------------------------------------------|----------------------------------------------------------|

---

Full Name (Last name first, if individual) Cram, Ronald L.

Business or Residence Address (Number and Street, City, State, Zip Code)

1100 South Coast Highway, Suite 203, Laguna Beach, California 92651 (949) 936-1398

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|                           |                                   |                                           |                                            |                                              |                                                          |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------------------------------------|
| Check Box(es) that Apply: | <input type="checkbox"/> Promoter | <input type="checkbox"/> Beneficial Owner | <input type="checkbox"/> Executive Officer | <input checked="" type="checkbox"/> Director | <input type="checkbox"/> General and/or Managing Partner |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------------------------------------|

---

Full Name (Last name first, if individual) Harrison, William

Business or Residence Address (Number and Street, City, State, Zip Code)

1100 South Coast Highway, Suite 203, Laguna Beach, California 92651 (949) 936-1398

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|                           |                                   |                                           |                                            |                                              |                                                          |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------------------------------------|
| Check Box(es) that Apply: | <input type="checkbox"/> Promoter | <input type="checkbox"/> Beneficial Owner | <input type="checkbox"/> Executive Officer | <input checked="" type="checkbox"/> Director | <input type="checkbox"/> General and/or Managing Partner |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------------------------------------|

---

Full Name (Last name first, if individual) Cram, David R.

Business or Residence Address (Number and Street, City, State, Zip Code)

1100 South Coast Highway, Suite 203, Laguna Beach, California 92651 (949) 936-1398

---

|                           |                                   |                                           |                                            |                                              |                                                          |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------------------------------------|
| Check Box(es) that Apply: | <input type="checkbox"/> Promoter | <input type="checkbox"/> Beneficial Owner | <input type="checkbox"/> Executive Officer | <input checked="" type="checkbox"/> Director | <input type="checkbox"/> General and/or Managing Partner |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------------------------------------|

---

Full Name (Last name first, if individual) Harrison, Ryan

Business or Residence Address (Number and Street, City, State, Zip Code)

---

|                           |                                   |                                           |                                            |                                   |                                                          |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|-----------------------------------|----------------------------------------------------------|
| Check Box(es) that Apply: | <input type="checkbox"/> Promoter | <input type="checkbox"/> Beneficial Owner | <input type="checkbox"/> Executive Officer | <input type="checkbox"/> Director | <input type="checkbox"/> General and/or Managing Partner |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|-----------------------------------|----------------------------------------------------------|

---

Full Name (Last name first, if individual)

---

Business or Residence Address (Number and Street, City, State, Zip Code)

---

---

|                           |                                   |                                           |                                            |                                   |                                                          |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|-----------------------------------|----------------------------------------------------------|
| Check Box(es) that Apply: | <input type="checkbox"/> Promoter | <input type="checkbox"/> Beneficial Owner | <input type="checkbox"/> Executive Officer | <input type="checkbox"/> Director | <input type="checkbox"/> General and/or Managing Partner |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|-----------------------------------|----------------------------------------------------------|

---

Full Name (Last name first, if individual)

---

Business or Residence Address (Number and Street, City, State, Zip Code)

---

---

|                           |                                   |                                           |                                            |                                   |                                                          |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|-----------------------------------|----------------------------------------------------------|
| Check Box(es) that Apply: | <input type="checkbox"/> Promoter | <input type="checkbox"/> Beneficial Owner | <input type="checkbox"/> Executive Officer | <input type="checkbox"/> Director | <input type="checkbox"/> General and/or Managing Partner |
|---------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------|-----------------------------------|----------------------------------------------------------|

---

Full Name (Last name first, if individual)

---

Business or Residence Address (Number and Street, City, State, Zip Code)

---

**(Use blank sheet, or copy and use additional copies of this sheet, as necessary.)**

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#### **B. INFORMATION ABOUT OFFERING**

---

|                                                                                                               |                                                                        |
|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| 1. Has the issuer sold, or does the issuer intend to sell, to non-accredited investors in this offering?..... | Yes No<br><input checked="" type="checkbox"/> <input type="checkbox"/> |
|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|

Answer also in Appendix, Column 2, if filing under ULOE.

|                                                                                   |         |
|-----------------------------------------------------------------------------------|---------|
| 2. What is the minimum investment that will be accepted from any individual?..... | \$5,000 |
|-----------------------------------------------------------------------------------|---------|

|                                                                    |                                                                        |
|--------------------------------------------------------------------|------------------------------------------------------------------------|
| 3. Does the offering permit joint ownership of a single unit?..... | Yes No<br><input checked="" type="checkbox"/> <input type="checkbox"/> |
|--------------------------------------------------------------------|------------------------------------------------------------------------|

4. Enter the information requested for each person who has been or will be paid or given, directly or indirectly, any commission or similar remuneration for solicitation of purchasers in connection with sales of securities in the offering. If a person to be listed is an associated person or agent of a broker or dealer registered with the SEC and/or with a state or states, list the name of the broker or dealer. If more than five (5) persons to be listed are associated persons of such a broker or dealer, you may set forth the information for that broker or dealer only.

---

Full Name (Last name first, if individual)

---

Business or Residence Address (Number and Street, City, State, Zip Code)

---

Name of Associated Broker or Dealer N/A

---

States in Which Person Listed Has Solicited or Intends to Solicit Purchasers

(Check "All States" or check individual States) .....

[ ] All States

|      |      |      |      |             |      |      |      |      |      |      |      |      |
|------|------|------|------|-------------|------|------|------|------|------|------|------|------|
| [AL] | [AK] | [AZ] | [AR] | <u>[CA]</u> | [CO] | [CT] | [DE] | [DC] | [FL] | [GA] | [HI] | [ID] |
| [IL] | [IN] | [IA] | [KS] | [KY]        | [LA] | [ME] | [MD] | [MA] | [MI] | [MN] | [MS] | [MO] |
| [MT] | [NE] | [NV] | [NH] | [NJ]        | [NM] | [NY] | [NC] | [ND] | [OH] | [OK] | [OR] | [PA] |
| [RI] | [SC] | [SD] | [TN] | [TX]        | [UT] | [VT] | [VA] | [WA] | [WV] | [WI] | [WY] | [PR] |

---

Full Name (Last name first, if individual)

---

Business or Residence Address (Number and Street, City, State, Zip Code)

---

Name of Associated Broker or Dealer

---

States in Which Person Listed Has Solicited or Intends to Solicit Purchasers

(Check "All States" or check individual States) .....

[ ] All States

|      |      |      |      |      |      |      |      |      |      |      |      |      |
|------|------|------|------|------|------|------|------|------|------|------|------|------|
| [AL] | [AK] | [AZ] | [AR] | [CA] | [CO] | [CT] | [DE] | [DC] | [FL] | [GA] | [HI] | [ID] |
| [IL] | [IN] | [IA] | [KS] | [KY] | [LA] | [ME] | [MD] | [MA] | [MI] | [MN] | [MS] | [MO] |
| [MT] | [NE] | [NV] | [NH] | [NJ] | [NM] | [NY] | [NC] | [ND] | [OH] | [OK] | [OR] | [PA] |
| [RI] | [SC] | [SD] | [TN] | [TX] | [UT] | [VT] | [VA] | [WA] | [WV] | [WI] | [WY] | [PR] |

---

Full Name (Last name first, if individual)

---

Business or Residence Address (Number and Street, City, State, Zip Code)

---

Name of Associated Broker or Dealer

---

States in Which Person Listed Has Solicited or Intends to Solicit Purchasers

(Check "All States" or check individual States) .....

[ ] All States

|      |      |      |      |      |      |      |      |      |      |      |      |      |
|------|------|------|------|------|------|------|------|------|------|------|------|------|
| [AL] | [AK] | [AZ] | [AR] | [CA] | [CO] | [CT] | [DE] | [DC] | [FL] | [GA] | [HI] | [ID] |
| [IL] | [IN] | [IA] | [KS] | [KY] | [LA] | [ME] | [MD] | [MA] | [MI] | [MN] | [MS] | [MO] |
| [MT] | [NE] | [NV] | [NH] | [NJ] | [NM] | [NY] | [NC] | [ND] | [OH] | [OK] | [OR] | [PA] |
| [RI] | [SC] | [SD] | [TN] | [TX] | [UT] | [VT] | [VA] | [WA] | [WV] | [WI] | [WY] | [PR] |

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(Use blank sheet, or copy and use additional copies of this sheet, as necessary.)

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### C. OFFERING PRICE, NUMBER OF INVESTORS, EXPENSES AND USE OF PROCEEDS

---

1. Enter the aggregate offering price of securities included in this offering and the total amount already sold. Enter "0" if answer is "none" or "zero." If the transaction is an exchange offering, check this box " " and indicate in the columns below the amounts of the securities offered for exchange and already exchanged.

| Type of Security                                  | Aggregate<br>Offering Price | Amount Already<br>Sold |
|---------------------------------------------------|-----------------------------|------------------------|
| Debt .....                                        | \$ .....                    | \$ .....               |
| Equity .....                                      | \$ .....                    | \$ .....               |
| [ ] Common [X] Preferred                          |                             |                        |
| Convertible Securities (including warrants) ..... | \$500,000                   | \$35,000               |
| Partnership Interests .....                       | \$ .....                    | \$ .....               |
| Other (Specify .....                              | \$ .....                    | \$ .....               |
| Total .....                                       | \$500,000                   | \$35,000               |

Answer also in Appendix, Column 3, if filing under ULOE.

2. Enter the number of accredited and non-accredited investors who have purchased securities in this offering and the aggregate dollar amounts of their purchases. For offerings under Rule 504, indicate the number of persons who have purchased securities and the aggregate dollar amount of their purchases on the total lines. Enter "0" if answer is "none" or "zero."

|                                               | Number<br>Investors | Aggregate<br>Dollar Amount<br>of Purchases |
|-----------------------------------------------|---------------------|--------------------------------------------|
| Accredited Investors .....                    | 1                   | \$35,000                                   |
| Non-accredited Investors .....                |                     | \$ .....                                   |
| Total (for filings under Rule 504 only) ..... |                     | \$ .....                                   |

Answer also in Appendix, Column 4, if filing under ULOE.

3. If this filing is for an offering under Rule 504 or 505, enter the information requested for all securities sold by the issuer, to date, in offerings of the types indicated, the twelve (12) months prior to the first sale of securities in this offering. Classify securities by type listed in Part C-Question 1.

| Type of offering   | Type of Security | Dollar Amount<br>Sold |
|--------------------|------------------|-----------------------|
| Rule 505 .....     |                  | \$ .....              |
| Regulation A ..... |                  | \$ .....              |
| Rule 504 .....     |                  | \$ .....              |
| Total .....        |                  | \$ .....              |

4. a. Furnish a statement of all expenses in connection with the issuance and distribution of the securities in this offering. Exclude amounts relating solely to organization expenses of the issuer. The information may be given as subject to future contingencies. If the amount of an expenditure is not known, furnish an estimate and check the box to the left of the estimate.

|                                    |              |
|------------------------------------|--------------|
| Transfer Agent's Fees .....        | [ ] \$ ..... |
| Printing and Engraving Costs ..... | [ ] \$ ..... |
| Legal Fees .....                   | [X] \$ ..... |
| Accounting Fees .....              | [ ] \$ ..... |
| Engineering Fees .....             | [ ] \$ ..... |

Sales Commissions (specify finders' fees separately) ..... ☐ \$ \_\_\_\_\_  
 Other Expenses (identify) ..... ☐ \$ \_\_\_\_\_  
 Total ..... ☒ \$ 465,000

b. Enter the difference between the aggregate offering price given in response to Part C - Question 1 and total expenses furnished in response to Part C - Question 4.a. \$465,000

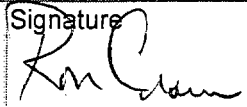
This difference is the "adjusted gross proceeds to the issuer." .....

5. Indicate below the amount of the adjusted gross proceeds to the issuer used or proposed to be used for each of the purposes shown. If the amount for any purpose is not known, furnish an estimate and check the box to the left of the estimate. The total of the payments listed must equal the adjusted gross proceeds to the issuer set forth in response to Part C - Question 4.b above.

|                                                                                                                                                                                                               | Payments to<br>Officers,<br>Directors, &<br>Affiliates | Payments<br>To<br>Others                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------|
| Salaries and fees .....                                                                                                                                                                                       | <input checked="" type="checkbox"/> \$ _____           | <input checked="" type="checkbox"/> \$ _____ |
| Purchase of real estate .....                                                                                                                                                                                 | <input type="checkbox"/> \$ _____                      | <input type="checkbox"/> \$ _____            |
| Purchase, rental or leasing and installation of machinery<br>and equipment .....                                                                                                                              | <input type="checkbox"/> \$ _____                      | <input type="checkbox"/> \$ _____            |
| Construction or leasing of plant buildings and facilities.....                                                                                                                                                | <input type="checkbox"/> \$ _____                      | <input type="checkbox"/> \$ _____            |
| Acquisition of other businesses (including the value of<br>securities involved in this offering that may be used in<br>exchange for the assets or securities of another issuer<br>pursuant to a merger) ..... | <input type="checkbox"/> \$ _____                      | <input type="checkbox"/> \$ _____            |
| Repayment of indebtedness .....                                                                                                                                                                               | <input type="checkbox"/> \$ _____                      | <input checked="" type="checkbox"/> \$ _____ |
| Working capital .....                                                                                                                                                                                         | <input type="checkbox"/> \$ _____                      | <input type="checkbox"/> \$ _____            |
| Other (specify): .....                                                                                                                                                                                        | <input type="checkbox"/> \$ _____                      | <input type="checkbox"/> \$ _____            |
| .....                                                                                                                                                                                                         | <input type="checkbox"/> \$ _____                      | <input type="checkbox"/> \$ _____            |
| .....                                                                                                                                                                                                         | <input type="checkbox"/> \$ _____                      | <input type="checkbox"/> \$ _____            |
| Column Totals .....                                                                                                                                                                                           | <input checked="" type="checkbox"/> \$ _____           | <input checked="" type="checkbox"/> \$ _____ |
| Total Payments Listed (column totals added) .....                                                                                                                                                             | <input checked="" type="checkbox"/> \$ _____           |                                              |

#### D. FEDERAL SIGNATURE

The issuer has duly caused this notice to be signed by the undersigned duly authorized person. If this notice is filed under Rule 505, the following signature constitutes an undertaking by the issuer to furnish to the U.S. Securities and Exchange Commission, upon written request of its staff, the information furnished by the issuer to any non-accredited investor pursuant to paragraph (b)(2) of Rule 502.

|                                                    |                                                                                      |         |
|----------------------------------------------------|--------------------------------------------------------------------------------------|---------|
| Issuer (Print or Type)                             | Signature                                                                            | Date    |
| P5 Performance Training and Physical Therapy, Inc. |  | 8-16-06 |
| Name of Signer (Print or Type) RONALD L CRAM       | Title of Signer (Print or Type)                                                      |         |

|                |                         |
|----------------|-------------------------|
| Ronald L. Cram | Chief Executive Officer |
|----------------|-------------------------|

|                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------|
| <b>ATTENTION</b>                                                                                                    |
| <b>Intentional misstatements or omissions of fact constitute federal criminal violations. (See 18 U.S.C. 1001.)</b> |

#### E. STATE SIGNATURE

1. Is any party described in 17 CFR 230.262 presently subject to any of the disqualification provisions of such rule?

Yes No  
[ ] [X]

See Appendix, Column 5, for state response.

2. The undersigned issuer hereby undertakes to furnish to any state administrator of any state in which this notice is filed, a notice on Form D (17 CFR 239,500) at such times as required by state law.

3. The undersigned issuer hereby undertakes to furnish to the state administrators, upon written request, information furnished by the issuer to offerees.

4. The undersigned issuer represents that the issuer is familiar with the conditions that must be satisfied to be entitled to the Uniform limited Offering Exemption (ULOE) of the state in which this notice is filed and understands that the issuer claiming the availability of this exemption has the burden of establishing that these conditions have been satisfied.

The issuer has read this notification and knows the contents to be true and has duly caused this notice to be signed on its behalf by the undersigned duly authorized person.

|                                                    |                         |         |
|----------------------------------------------------|-------------------------|---------|
| Issuer (Print or Type)                             | Signature               | Date    |
| P5 Performance Training and Physical Therapy, Inc. | Ron Cram                | 5-16-06 |
| Name of Signer (Print or Type)                     | Title (Print or Type)   |         |
| Ronald L. Cram                                     | Chief Executive Officer |         |

#### Instruction:

Print the name and title of the signing representative under his signature for the state portion of this form. One copy of every notice on Form D must be manually signed. Any copies not manually signed must be photocopies of the manually signed copy or bear typed or printed signatures.

