### **Fitness Project Contract**

#### **This Agreement**

This Fitness Project Contract ("Agreement") is entered into on [Date] between:

**Client Name:** [Name/Organization]  
**Address:** [Client Address]  
**Contact Information:** [Phone/Email]

AND

**Service Provider/Fitness Professional Name:** [Name/Organization]  
**Address:** [Provider Address]  
**Contact Information:** [Phone/Email]

Collectively referred to as "Parties".

### **1. PROJECT OVERVIEW**

* **Project Title:** [Fitness program/project name]
* **Description:** [Brief overview of the fitness project, such as goals, target audience, or services offered]
* **Deliverables:** [Detailed description of what will be provided, e.g., personalized fitness plans, group training sessions, workshops, or online content]

### **2. SCOPE OF WORK**

* Define the specific services to be provided, such as:
  + Personal or group training sessions.
  + Fitness assessments and progress tracking.
  + Customized nutrition plans.
  + Educational workshops or webinars.

### **3. TIMELINE AND DEADLINES**

* **Start Date:** [Fitness program/project start date]
* **End Date:** [End date or ongoing duration]
* **Key Milestones:** [Specific checkpoints such as assessment dates, program phases, or goal reviews]

### **4. PAYMENT TERMS**

* **Total Cost:** [Total amount payable for the project/program]
* **Payment Schedule:**
  + [Percentage] upon signing this Agreement.
  + [Percentage] upon completion of [specific milestone].
  + [Percentage] upon final delivery or project completion.
* **Mode of Payment:** [E.g., bank transfer, credit card, online platforms]
* Late payment terms, if applicable.

### **5. CLIENT RESPONSIBILITIES**

* Commit to attending scheduled sessions or workshops.
* Follow the fitness/nutrition guidelines provided.
* Provide necessary health and medical information before starting the program.

### **6. SERVICE PROVIDER RESPONSIBILITIES**

* Deliver the agreed fitness services as per the timeline.
* Monitor progress and provide feedback to the client.
* Maintain a safe and professional training environment.

### **7. HEALTH AND LIABILITY WAIVER**

* Client agrees that participation in the fitness program is voluntary and assumes responsibility for any health risks.
* Service Providers will not be held liable for injuries or health issues arising from participation, except in cases of negligence.

### **8. CONFIDENTIALITY**

Both Parties agree to keep any shared personal, medical, or fitness data confidential.

### **9. CANCELLATION AND REFUND POLICY**

* Cancellation terms (e.g., advance notice required, refund policies for unused sessions).
* Rescheduling guidelines for missed sessions.

### **10. TERMINATION CLAUSE**

* Conditions under which the contract can be terminated (e.g., breach of terms, mutual agreement)

### **11. INTELLECTUAL PROPERTY**

* Specify ownership of any materials provided, such as workout guides, videos, or nutritional plans.

### **12. DISPUTE RESOLUTION**

* Define methods for resolving disputes (e.g., mediation, arbitration).
* Mention governing laws

### **13. FORCE MAJEURE**

* Include provisions for delays or interruptions caused by unforeseen circumstances (e.g., natural disasters, pandemics).

### **14. SIGNATURES**

By signing below, both Parties agree to the terms and conditions outlined in this Agreement.

#### **Client Signature:**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### **Service Provider Signature:**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_