

# 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: \_\_\_\_\_