



PERSONAL TRAINING CONTRACT/AGREEMENT

Congratulations on your decision to participate in an exercise program. With my help, you will improve your ability to accomplish goals quickly and safely!

To maximize progress, remember to follow program outline while training with me and guidelines when unsupervised.

During exercise, I will take every precaution to assure your safety. However, there are risks associated with any exercise. Increased heart rate and chance for musculoskeletal injuries. In agreeing to begin training, you assume responsibility for these risks and waive any possibility for personal damage. You also agree, to your knowledge you have no limiting or physical conditions or disability that would negatively impact your training. You also agree to signing the Par-Q form.

It is recommended that you train 3x weekly. However, due to scheduling and financial considerations, a combination of supervised and unsupervised workouts is possible.

Please don't forget healthy lifestyle includes healthy eating! You can't out train a bad diet!

PERSONAL TRAINING TERMS AND CONDITIONS

1. Personal training sessions that are not rescheduled or canceled 24 hrs in advance, forgotten or a no-show will result in forfeiture of the session and the loss of the financial investment at the rate of one session.
2. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been made.
3. All sessions expire within 6 months of payment.
4. You may transfer any unused training sessions towards nutritional services.

DESCRIPTION OF PROGRAM:

Total investment: _____

Method of payment: _____

GOOD LUCK AND MUCH SUCCESS ON YOUR PERSONAL TRAINING PROGRAM!

Name (please print clearly)

Signature

Date _____

Parent/Guardian's signature if under 18

Date _____

Witness signature

Date _____

Please wear comfortable clothing and cross trainers or appropriate foot wear! Please don't forget to bring water and a great attitude to your session.

I look forward to helping you achieve your goals!