

PERSONAL TRAINING/COACHING TERMS OF AGREEMENT

1. I certify that the answers to the questions outlined on the Health History Form are true and complete to the best of my knowledge. I acknowledge that medical clearance is required if I have answered YES to any of the question on the Health History Form.
I have read and understand this term: _____ (Initial)

2. I understand and agree that it is my responsibility to inform my Personal Trainer of any conditions or changes in my health, now, and ongoing, which might affect my ability to exercise safely and with minimal risk of injury.
I have read and understand this term: _____ (Initial)

3. I understand that should I feel light headed, faint, dizzy, nauseated or experience pain/discomfort that I am to stop the activity and inform my Personal Trainer/Coach.
I have read and understand this term: _____ (Initial)

4. I understand that I am not obligated to perform nor participate in any activity that I do not wish to do, and that it is my right to refuse such participation at any time during my Personal Training sessions.
I have read and understand this term: _____ (Initial)

5. I understand the results of any fitness program cannot be guaranteed and that my progress depends on my effort and cooperation in and outside of the Personal Training session.
I have read and understand this term: _____ (Initial)

6. I understand that I am required to provide a 24-hour notice prior to cancelling a scheduled appointment. If I fail to do so, I will be charged for my appointment. Groups of 2 or more – canceling or re-scheduling is generally prohibited. Exceptions can be made to this provision at the Trainer's discretion.
I have read and understand this term: _____ (Initial)

7. I understand that all Personal Training sessions are non-transferrable and non-refundable. I also understand that all Personal Training sessions must be redeemed within 6 months of purchase.
I have read and understand this term: _____ (Initial)

Client Signature

Date