



Personal Training Agreement

Client Name: _____

Address: _____

City: _____ **State:** _____ **Zip code:** _____

Date of Birth: _____ **Phone number:** _____

Email address: _____

1. The Client and Trainer have agreed that the Trainer will:

- ☐ Conduct base line assessment with the Client
- ☐ Conduct goal assessment with the Client
- ☐ Design a Personal Training Program and Meal Plan Program with the Client

2. The Client will pay the Trainer, in advance, the sum of:

☐ \$10.00 for a 4-week Workout Plan

☐ \$15.00 for 8-week Workout Plan

☐ \$10.00 for a 4-week Meal Plan

☐ \$15.00 for 8-week Meal Plan

☐ Total: \$.00



Personal Training Agreement

The Client acknowledges and agrees that no credit or refund shall be due for workouts and meals missed by the Client. The Personal Training Program and Meal Program is to be paid before the programs begin. The Client may end a program with 2 weeks notice to the Trainer, after a minimum of 7 days within the program

With the signing of this agreement, the Client has signed and delivered to the Trainer a *Informed Consent and Liability Release* along with a *Fitness Health Assessment* form in which the Client assumes the risks of participating in an exercise program and agrees that the Trainer shall have no liability for any injury, illness, or similar difficulty that the Client may suffer arising out of or connected with the Client's participation in the Trainer's program.

Summer Crew Fitness *Personal Training Policies* were delivered with the goal of creating a mutually respectful relationship between the Client and the Trainer. The Client acknowledges having read, understood, and signed the *Personal Training Policies* and agrees to abide by the conditions described in the *Policies*. The Client acknowledges having read and understood this *Agreement* and will receive a completed copy of it.

Signatures:

Client: _____ **Date:** _____

Trainer: _____ **Date:** _____

