

## Coaching Terms / Client Acknowledgments

- You agree to complete / answer all questions in your weekly check-in form honestly.
- You agree to weigh yourself at the beginning of each morning & record your weight.
- You agree to weigh your food and stick to your meal plan & follow it to the best of your ability.
- If your trainer has told you to perform cardio you agree to take a photo of you completing the cardio (time elapsed / calories burned / heart rate).
- You agree to attend your scheduled monthly review meeting to check weight / measurements & discuss next steps & progress adjustments.
- You agree to take progress photos once per week (Front / side & back) and keep these for your coach to review.
- You agree to check-in via the app and input all of the data correctly (if this is not a convenient method you agree to update your log-book instead).
- You agree to arrive on time for your sessions / book in advance / provide good notice if you wish to cancel.
- You agree to provide prompt payment to renew your coaching service and you agree to the **30-Day cancellation policy to avoid loss of earnings due to sessions and meal plans being made in advance.** (Failure to do so will result in discontinuation of personal training services).

Print Name	Signature	Date
[Empty Box]	[Empty Box]	[Empty Box]

Product Purchased:	Agreed Start Date:	Agreed Renewal / End Date:
[Empty Box]	[Empty Box]	[Empty Box]

Non-negotiables / Terms and conditions Client Agreement Contract

\*Please read this document carefully as you need to be made aware of the following terms.\*

\*By signing this document, you agree to the terms set above in the contract, failure to agree to the conditions above will result in a cancellation and refusal of services.\*

**\*30-day cancellation policy\***

If a client wishes to discontinue coaching services, they must inform the coach 30 days from their desired termination date, payment for the following month will be taken upon cancellation via direct debit due to sudden / unexpected loss of revenue due to session plans & changes to nutritional programming have already been pre made.

You agree that you will provide payment for services upfront either via cash or bank transfer, this can be agreed in your consultation after discussing pricing & having a mutual agreement, failure to do so will result in forfeiture of service until payment has been received.

Clients must turn up to sessions on time 5 minutes before the agreed start time, failure to do so or non-attendance with no reason given or no notice provided (minimum notice 4 hrs before session) means the session will be charged in full and will be lost as a session.

The advice / guidance given by the personal trainer is not medical advice and should not be regarded as such the trainer is not liable for the advice they provide, the client accepts total responsibility for their actions, and is advised to seek medical advice prior undertaking an exercise routine or taking any advice from the personal trainer.

If you (the client) purchase a nutrition or training plan the onus is on you to interact with the program and participate to the best of your ability, it is not the trainer's responsibility to keep you interested or accountable for your actions or to chase you if you haven't completed the work required.

Depending on the type of issue or severity of condition or illness the personal trainer retains the right to cancel or refuse services to the client if the trainer feels it is outside their scope of practice, and may refer you, if necessary, (these may include referrals to physiotherapists or by advising the client to seek medical advice or attention when able).

If you (the client) have purchased a bespoke/customised plan you agree and accept there may be a 24 – 120 Hr Turn-around time period to allow for the plan to be created, checked and if correct delivered. (This period also accounts and covers things such as illness, interruption of normal business or potential delays that may occur).

Expiry times: Block books / Customised nutrition & training plans are subject to a **28-day expiry periods** from the date they are bought & delivered to the client, it is then the client's responsibility to make payment to continue for another month and provide a **30-day notice period** if they wish to discontinue coaching services to prevent unexpected loss of revenue for the trainer (if the client wishes to do this then they must make contact at the earliest convenience).

Consent to advertising / being used for purposes of promoting business, for clients that are purchasing products such as (block-book private sessions / bespoke plans) are you happy to write reviews? / Be used for testimonials Photos (before & afters) / video interviews (success stories) speaking about the progress you have made etc, being used for social media posts

Written review And Testimonial	<input type="checkbox"/>	Video Testimonial Interview.	<input type="checkbox"/>	Before / after photo Transformations.	<input type="checkbox"/>	Consent for results to be used for social media & business advertising.	<input type="checkbox"/>
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Print Name	Signature	Date	Trainer's signature: