



Jon Speakman Personal Training

Client-Trainer Agreement

Client's Name _____

Client Agreement

1. I understand that in order for my personal training program to be successful, I must be consistent. Frequent appointment cancellations will frustrate my efforts to attain my fitness goals. If I will be unable to participate in a scheduled training session, I must notify my personal trainer **at least 24 hours** prior to the appointment. If I fail to notify my trainer within this time period, I will be charged for the entire training session. *Please initial here* _____
2. If I choose to participate in a group workout, I understand that these workouts are just as important as my personal training sessions. If I know that I will miss a group workout session, then I must inform my personal trainer of that fact. I understand that I will not be able to reschedule or make-up any missed group workouts. *Please initial here* _____
3. I agree to prepare myself physically and mentally for each session. I will arrive on time, have eaten within the past 2 hours, wear proper clothing, and be ready to participate in the activities of the day with a positive mental attitude. I understand that at times my workout may be strenuous, demanding and/or frustrating, but I realize that I can only grow and get better if I am repeatedly forced out of my comfort zone. I will give each session my best possible effort. *Please initial here* _____
4. I understand that good nutrition is an important component of my personal fitness program. I will be required to maintain a complete and detailed food journal everyday of my program. I must always have my journal complete and up-to-date so that my personal trainer may review it during my scheduled training session. If I fail to complete my journal, then I will be asked to complete the journal prior to beginning my personal training session. I will follow the written nutritional recommendations of my personal trainer and will agree to visit with a certified nutritionist or registered dietician if my personal trainer believes this will be in my best interest. *Please initial here* _____

Client's Signature _____

Date _____

Personal Trainer Agreement

1. I agree to provide my client with an initial assessment to determine their current physical condition and conduct new assessments every five to eight weeks.
2. I agree to give my client formal instruction on cardiovascular and strength conditioning exercises and techniques during their personal training sessions.
3. I agree to be on time and prepared for each session with my client.
4. I agree to answer any questions my client may have regarding health and fitness. If I cannot answer their question(s) directly, I will refer my client to another fitness professional that can answer their question(s).
5. I agree to review the client's daily food log and make recommendations and suggestions on how they may improve their nutritional intake in order to achieve their fitness goal(s).

Trainer's Signature _____

Date _____