

Personal Fitness Training Contract

Date: [Insert Date]

Client Name: [Client Name]

Client Address: [Client Address]

Trainer Name: [Trainer Name]

Trainer Address: [Trainer Address]

Agreement

This contract is made between [Client Name] (the "Client") and [Trainer Name] (the "Trainer") for the purpose of providing personal fitness training services.

Services Provided

The Trainer agrees to provide the following services:

- Personalized fitness training sessions
- Nutritional guidance and meal planning
- Regular progress assessments

Payment Terms

The Client agrees to pay the Trainer a fee of [Insert Amount] per session. Payment is due [Insert Payment Schedule].

Duration of Agreement

This contract will commence on [Start Date] and will continue until [End Date] or until terminated by either party with [Insert Notice Period] notice.

Liability Disclaimer

The Client acknowledges that participation in fitness activities involves risk and agrees to hold the Trainer harmless from any injury or damage which may result from participation in the training sessions.

Signatures

The parties below agree to the terms of this contract:

Client Signature: _____ **Date:** _____

Trainer Signature: _____ **Date:** _____