

Customized Workout Plan Contract

Date: [Insert Date]

Client Name: [Insert Client Name]

Client Address: [Insert Client Address]

Agreement

This contract is between [Trainer's Name] ("Trainer") and [Client's Name] ("Client") for the development of a customized workout plan.

Terms and Conditions

1. The Trainer agrees to provide a tailored workout regimen to the Client based on their fitness goals.
2. The Client agrees to adhere to the prescribed workout plan and communicate any concerns or changes.
3. The duration of this contract is for [Insert Duration], starting from [Insert Start Date].
4. Payment terms are as follows: [Insert Payment Terms].
5. This contract can be terminated by either party with [Insert Notice Period].

Signatures

[Trainer's Name], Trainer

[Client's Name], Client