

Fitness Coaching Agreement

Date: _____

This Fitness Coaching Agreement ("Agreement") is entered into by and between:

Coach: [Coach's Name]

Address: [Coach's Address]

Email: [Coach's Email]

Phone: [Coach's Phone Number]

AND

Client: [Client's Name]

Address: [Client's Address]

Email: [Client's Email]

Phone: [Client's Phone Number]

1. Services Provided

The Coach agrees to provide fitness coaching services to the Client, which may include personalized workout plans, nutrition advice, and ongoing support.

2. Duration

This Agreement will commence on [Start Date] and will continue until [End Date], unless terminated earlier in accordance with this Agreement.

3. Payment

The Client agrees to pay the Coach a fee of [Amount] for the duration of this Agreement. Payment shall be made via [Payment Method].

4. Cancellation Policy

Client must provide a [Number] hour notice for any cancellations to avoid being charged for the session.

5. Confidentiality

Both parties agree to maintain confidentiality regarding all aspects of this Agreement and the services provided.

6. Governing Law

This Agreement shall be governed by the laws of [State/Country].

IN WITNESS WHEREOF, the parties have executed this Fitness Coaching Agreement as of the date first above written.

Coach's Signature

Client's Signature