

Health and Fitness Coaching Contract

Client Name: [Client's Name]

Coach Name: [Coach's Name]

Date: [Date]

1. Services Provided

The Coach agrees to provide health and fitness coaching services, including but not limited to:

- Personalized workout plans
- Nutrition guidance
- Progress tracking and assessments

2. Duration of Agreement

This contract shall commence on [Start Date] and continue until [End Date], unless terminated earlier by either party in accordance with the terms stated herein.

3. Payment Terms

The Client agrees to pay the Coach a fee of [Amount] per [Session/Month]. Payment is due on [Payment Due Date].

4. Client Responsibilities

The Client agrees to:

- Commit to the coaching program
- Provide accurate health information
- Communicate any issues or concerns promptly

5. Termination Policy

Either party may terminate this agreement with written notice of [Notice Period] days. Any unpaid fees for services rendered up to the termination date will be due immediately.

6. Confidentiality

Both parties agree to maintain confidentiality regarding personal information disclosed during the coaching relationship.

7. Signature

By signing below, both parties agree to the terms of this contract.

Client Signature: _____ **Date:** _____

Coach Signature: _____ **Date:** _____