

# Personal Trainer Client Agreement

Date: [Insert Date]

Client Name: [Insert Client Name]

Address: [Insert Client Address]

Email: [Insert Client Email]

Phone: [Insert Client Phone]

## Agreement Terms

This Agreement is made between [Trainer Name], hereinafter referred to as "Trainer," and [Client Name], hereinafter referred to as "Client."

### 1. Services Provided

The Trainer agrees to provide personal training services to the Client, including but not limited to fitness assessments, personalized workout plans, and nutrition guidance.

### 2. Payment

The Client agrees to pay [Insert Amount] per session. Payments can be made via [Insert Payment Methods].

### 3. Scheduling

The Client and Trainer will mutually agree on a schedule for training sessions. Any cancellation must be made at least [Insert Notice Period] in advance.

### 4. Liability Waiver

The Client acknowledges that participation in physical exercise involves certain inherent risks and agrees to waive any claims against the Trainer for any injuries or damages incurred while participating in training sessions.

### 5. Confidentiality

Both parties agree to keep all information obtained through this Agreement confidential.

### 6. Termination

This Agreement can be terminated by either party, with written notice, at any time.

## **Signatures**

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For any questions, please contact [Insert Contact Information].