

# Motivation and Accountability Agreement

Date: \_\_\_\_\_

Dear [Client's Name],

Welcome to [Fitness Center Name]! We are excited to embark on this fitness journey with you. To ensure your success and help keep you motivated, we ask you to agree to the following commitments:

## Commitments:

- Attend the scheduled training sessions consistently.
- Set specific fitness goals with your trainer.
- Maintain open communication regarding your progress and challenges.
- Provide feedback to help improve our services.
- Stay accountable to your nutrition and exercise plans.

## Motivation Techniques:

- Regular check-ins with your personal trainer.
- Access to motivational resources and workshops.
- Participate in group challenges and events.
- Rewards for reaching milestones.

By signing below, you agree to the above commitments and understand that accountability is key to reaching your fitness goals.

Best Regards,

[Your Name]

[Your Title]

[Fitness Center Name]

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Client Signature