

Fitness Trainer Appointment Authorization

Date: _____

To Whom It May Concern,

I, **[Your Full Name]**, hereby authorize **[Trainer's Full Name]** to act on my behalf regarding my fitness training sessions. I understand that my fitness trainer will be responsible for planning my workouts, monitoring my progress, and ensuring my safety during training sessions.

Details of Authorization:

- Trainer's Name: **[Trainer's Name]**
- Trainer's Contact: **[Trainer's Contact Information]**
- Start Date: **[Start Date]**
- End Date: **[End Date]**

My signature below indicates my consent to this authorization and my commitment to abide by the rules and guidelines set forth by my fitness trainer.

Signature: _____

Printed Name: _____

Please feel free to contact me at **[Your Contact Information]** should you require any further information.

Thank you for your attention.

Sincerely,

[Your Full Name]