

Client Authorization Letter

Date: _____

To Whom It May Concern,

I, **[Client's Full Name]**, hereby authorize **[Trainer's Full Name]**, a certified fitness trainer, to act on my behalf regarding my fitness training and programs.

This authorization includes but is not limited to:

- Access to my personal health and fitness information.
- Scheduling and managing personal training sessions.
- Making decisions regarding my fitness routine and dietary recommendations.

I understand that this authorization is voluntary and can be revoked at any time by providing written notice to the trainer.

Client Signature: _____

Client Printed Name: _____

Date: _____

Trainer Signature: _____

Trainer Printed Name: _____

Date: _____