

Authorization Letter for Personal Trainer

Date: [Insert Date]

To Whom It May Concern,

I, [Client's Full Name], hereby authorize [Personal Trainer's Full Name], a certified personal trainer, to have access to my personal information related to my fitness and health in order to assist me in my training program.

This authorization includes but is not limited to:

- Medical history and conditions
- Current fitness level and goals
- Nutritional information

This authorization is valid from [Start Date] to [End Date]. I understand that I may revoke this authorization at any time by providing written notice to [Personal Trainer's Full Name].

Thank you for your attention to this matter.

Sincerely,

[Client's Signature]

[Client's Printed Name]

[Client's Contact Information]