

Consent Letter for Personal Trainer Services

Date: _____

To Whom It May Concern,

I, [Your Name], hereby consent to engage the services of [Trainer's Name], a certified personal trainer, to assist me in my fitness journey. I understand the nature of the services provided, which may include physical training, nutritional guidance, and fitness assessments.

I acknowledge that I have disclosed my current health status and any relevant medical history to [Trainer's Name] for the purpose of tailoring the training program to my individual needs. I understand the importance of communicating any discomfort or health concerns during our training sessions.

By signing below, I release [Trainer's Name] from any liability for injury or health issues that may arise during or as a result of the training sessions. I understand that I may withdraw my consent at any time.

Signature: _____

Name: [Your Name]

Email: [Your Email Address]

Phone: [Your Phone Number]

Thank you for your attention.

Sincerely,

[Your Name]