

Consent to Share Fitness Progress

Date: _____

To: [Personal Trainer's Name]

[Personal Trainer's Address]

[City, State, Zip Code]

Dear [Personal Trainer's Name],

I, [Your Name], hereby give my consent for you to share my fitness progress with specified parties as discussed in our training sessions. This includes, but is not limited to, sharing my workout routines, dietary habits, and overall progress towards my fitness goals.

I understand that my progress will be shared with the following individuals or organizations: [List names or organizations if applicable]. I am aware that this information will be used solely for the purpose of enhancing my personal training experience and improving my fitness journey.

By signing this letter, I confirm that I am providing my consent voluntarily, and I understand that I may withdraw my consent at any time by providing written notice.

Thank you for your support and guidance.

Sincerely,

[Your Signature]

[Your Printed Name]

[Your Contact Information]