

Permission Letter for Personal Trainer

Date: _____

To Whom It May Concern,

I, [Your Full Name], hereby give my permission for [Personal Trainer's Full Name] to conduct assessments on my behalf as part of my personal training program. I understand that these assessments may include fitness evaluations, body measurements, and any necessary health screenings required for my training.

I acknowledge that this information will be used solely for the purpose of tailoring my personal training program and will be kept confidential.

Thank you for your attention to this matter.

Sincerely,

[Your Signature]

[Your Printed Name]

[Your Contact Information]