

Personal Training Authorization Letter

Date: [Insert Date]

To Whom It May Concern,

I, [Client's Full Name], hereby authorize [Trainer's Full Name], a certified personal trainer, to provide personal training services to me. This authorization includes, but is not limited to, the following:

- Fitness assessments
- Workout planning and programming
- In-person training sessions
- Nutrition guidance

I understand that my participation in the personal training program involves physical activity and may involve risks of injury. I release [Trainer's Full Name] and [Gym/Facility Name] from any liability related to my participation in the program.

This authorization is effective as of [Start Date] and will remain in effect until [End Date] or until revoked in writing by me.

Thank you for your attention to this matter.

Sincerely,

[Client's Signature]

[Client's Printed Name]

[Client's Address]

[Client's Email]

[Client's Phone Number]