

Personal Training/Coaching Contract

Client Name: _____

Phone: _____

Email: _____

Address: _____

I understand and agree to the following terms and conditions:

1. Fees:

The amount due before each session is (before discounts) _____.

2. Cancellations:

Please notify the trainer at least _____ in advance of the scheduled workout. If I have not been notified before the designated time, you will be billed for your absence.

3. Start Date: _____

4. Times/Days of Each Session: _____

I have read and understand the above contract:

Personal Trainer Signature

Date

Client Signature

Date