



Personal Training Policy Statement & Agreement

Personal training can be a very worth while experience and help you achieve your overall fitness goals. The trainer can show you the way to a healthier lifestyle but you must undertake the journey. Because there is such limited time restraints to conduct personal training it will be the trainer’s discretion as to who is chosen as clients for a given eight week program. Priority will be given based upon needs and the client’s desire to succeed.

Personal Training Requirements

Below are the requirements to succeed in a personal training program. All of these must be followed to the satisfaction of the personal trainer or the client will be released from the program.

1. You will need to be able to commit to eight full weeks
2. You will need to commit to performing cardio four days a week.
3. You will need to commit to one hour, one day per week to reviewing your progress with your trainer and learning your new workout.
4. You will need to perform your workout twice more that week.
5. You will need to journal your entire nutritional /diet intake each day by caloric intake.

Initial _____

Reasons for being released from personal training:

1. Missing an appointment with your personal trainer. If you can’t make it, it is up to you to reschedule within the capabilities of the trainer for your missed appointment within the same week of the missed appointment.
2. Not performing all of the client’s cardio workouts within the week.
3. Not performing all of the client’s workouts within the week.
4. Not properly journaling nutritional/diet intake.

Initial _____

If any of the above requirements are not met or the client will not be allowed to start during the next eight week session. At the conclusion of the eight weeks the personal trainer and the client will decide if another eight week session is needed. They will be required to reapply for the following eight week session.

Client’s Name (print) _____

Client’s Signature _____ Date _____