



## **Personal Training contract / Agreement**

Congratulations on your decision to improve your health by participating in a professional exercise program.

With the help of Jamie Baker, you will greatly improve your ability to accomplish your training goals in a faster, safer environment and with maximum benefits. The skillset you will obtain during these training sessions can be used for a lifetime.

In order to maximize progress, it will be necessary for you to follow program guidelines during supervised and if applicable, unsupervised training days. Remember, exercising and eating healthily come hand in hand, and as such, if the balance is not maintained, you may not see the desired result.

It is recommended that all program participants work with Jamie Baker three times per week, minimum, for maximum benefit. However due to lifestyle and financial considerations, a combination of supervised and unsupervised workouts maybe possible.

### **PERSONAL TRAINING TERMS & CONDITION**

1. Personal training sessions that are not rescheduled or cancelled 24 hours in advance of their original session, will result in forfeiture of the session and a loss of the financial investment at the rate of one session.
2. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.
3. The personal training agreement is only valid for 6 months after full payment has been received.

TOTAL INVESTMENT \_\_\_\_\_

METHOD OF PAYMENT \_\_\_\_\_

PRINT NAME \_\_\_\_\_



PARTICIPANT SIGNATURE \_\_\_\_\_

TRAINERS SIGNATURE \_\_\_\_\_