

# Personal Training Agreement Form

## Client Information

- Name: \_\_\_\_\_
- Age: \_\_\_\_\_
- Contact Number: \_\_\_\_\_
- Email: \_\_\_\_\_

## Training Plan

Exercise/Activity	Duration (Minutes)	Frequency (Per Week)	Trainer Notes

## Terms & Conditions

- Payment for sessions is due in advance.
- Cancellations must be made at least 24 hours prior to the session.
- The trainer is not liable for any injuries during the training sessions.

## Client Acknowledgement

- I agree to the terms and conditions.
- I have discussed my health conditions with the trainer.

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_

Date: \_\_\_\_\_