



## **Terms and Services Agreement**

This Terms and Services Agreement ("Agreement") is entered into between [Your Personal Training Business Name] ("Company") and the client ("Client") effective as of the date of acceptance by the Client.

### **1. Services Provided:**

The Company agrees to provide personal training services to the Client, including but not limited to:

- Development of personalized workout programs tailored to the Client's individual goals, fitness level, and preferences.
- Nutritional guidance and support to complement the Client's fitness program.
- Motivation, encouragement, and support to help the Client stay focused and motivated towards achieving their health and fitness goals.
- Regular check-ins and progress assessments to track the Client's progress and make adjustments to their program as necessary.

### **2. Client Responsibilities:**

The Client agrees to:

- Prioritize their health and fitness goals and commit to following the recommendations and guidelines provided by the Company.
- Attend scheduled training sessions on time and ready to participate fully.
- Communicate openly and honestly with the Company regarding any questions, concerns, or challenges related to their training program.
- Hold themselves accountable for their actions and decisions related to their health and fitness journey.
- Notify the Company in advance of any cancellations or rescheduling of training sessions as per the cancellation policy.

### **3. Payment Terms:**

Payment for personal training services shall be made in accordance with the pricing and payment terms agreed upon between the Client and the Company. Payment is due prior to the commencement of each training session or as otherwise agreed upon by both parties.

### **4. Cancellation Policy:**

The Company's cancellation policy, as outlined in the Personal Accountability Policy, shall apply to all training sessions scheduled with the Client. Clients are responsible for providing at least 24 hours' notice for cancellations or rescheduling of sessions to avoid any charges.

### **5. Confidentiality:**

The Company agrees to maintain the confidentiality of all client information and records, including personal health information, in accordance with applicable privacy laws and regulations.

### **6. Limitation of Liability:**



The Client acknowledges that participation in personal training services involves certain risks, and agrees to assume full responsibility for any injuries or damages that may occur as a result of their participation. The Company shall not be liable for any direct, indirect, incidental, special, or consequential damages arising out of or related to the services provided.

**7. Termination:**

Either party may terminate this Agreement at any time with written notice to the other party. Upon termination, the Client shall be responsible for payment of any outstanding fees owed to the Company for services rendered prior to termination.

**8. Entire Agreement:**

This Agreement constitutes the entire agreement between the parties with respect to the subject matter hereof and supersedes all prior and contemporaneous agreements and understandings, whether written or oral.

**9. Governing Law:**

This Agreement shall be governed by and construed in accordance with the laws of [Your Jurisdiction], without regard to its conflict of law principles.

**10. Acceptance:**

By accepting the terms of this Agreement, the Client acknowledges that they have read, understood, and agree to be bound by the terms and conditions outlined herein.

IN WITNESS WHEREOF, the parties have executed this Agreement as of the date first above written.

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