



## Personal Accountability Policy

At The Bull Method, we are committed to supporting you on your journey towards achieving your health and fitness goals. Our role as your personal trainer/company is to provide guidance, support, and expertise to assist you in making healthy lifestyle changes, adhering to physical exercise programs, and progressing towards your goals. However, we believe that achieving success requires a collaborative effort between both parties.

### Client Responsibilities:

1. **Commitment to Health and Fitness:** As a client of [Your Personal Training Business Name], you are responsible for making a commitment to prioritize your health and fitness goals. This includes adhering to the exercise and nutrition recommendations provided by your personal trainer, as well as actively participating in the program.
2. **Consistency and Effort:** Consistency is key to achieving long-term results. It is your responsibility to consistently attend scheduled training sessions, follow workout plans, and maintain healthy lifestyle habits outside of the gym. Put forth your best effort during each session and strive for continuous improvement.
3. **Communication:** Open and honest communication is essential for success. If you have any questions, concerns, or challenges regarding your training program, nutrition plan, or progress towards your goals, don't hesitate to communicate with your personal trainer. Your feedback is valuable and helps us tailor our services to meet your needs.
4. **Accountability:** Hold yourself accountable for your actions and decisions related to your health and fitness journey. Take ownership of your progress and be accountable for following through with the commitments you make to yourself and your personal trainer.

### Personal Trainer/Company Responsibilities:

1. **Expert Guidance:** We are committed to providing you with expert guidance and support to help you reach your health and fitness goals. This includes designing personalized workout programs, offering nutritional guidance, and providing motivation and encouragement along the way.
2. **Program Customization:** Your training program will be tailored to your individual needs, preferences, and goals. We will continually assess your progress and make adjustments to your program as necessary to ensure that you are moving closer to your objectives.
3. **Motivation and Support:** We are here to motivate and support you every step of the way. Whether you need a pep talk during a tough workout, encouragement to push past your limits, or support during challenging times, we're here to help you stay motivated and focused on your goals.
4. **Accountability Check-Ins:** We will hold you accountable for your commitments and actions while providing a supportive environment for your journey. Regular check-ins will be conducted to track your progress, address any challenges or obstacles, and celebrate your successes.

### Together, We Will Achieve Success:

By working together as a team, we believe that you can achieve your health and fitness goals. Remember, your success is our success, and we are fully committed to supporting you every step of the way.