

Personal Training Agreement

Program, schedule, fees, health & signatures

OnlineSignatureForms.com: Free fillable template

Complete and sign before the first session. The client completes the health acknowledgment below.

Parties

Trainer / studio

Phone

Trainer email

Client name

Phone

Client email

Program & sessions

Program description and goals

Session count

Session length

Schedule (days and times)

Fees & payment

Package price

Payment terms

Package expiry / renewal

Health acknowledgment & assumption of risk

I confirm that I am in good physical condition and know of no medical reason that prevents me from exercising. I understand that physical training involves inherent risks, including the risk of injury, and I voluntarily assume those risks. Replace this placeholder with health-screening and assumption-of-risk language reviewed by your attorney and insurer for your services and jurisdiction.

I am cleared to exercise and accept the risks described above.

Cancellation

Cancellation and rescheduling terms

Signatures

Both the trainer and the client sign and date the agreement; each keeps a copy.

Trainer signature

Date

Trainer printed name

Client signature

Date

Client printed name