



Personal Training
Getting Started

You will receive 3 emails.

Open the 1st email and follow prompts to create your password, fill out health history form and download the Evolved Personal Training App.

Please Download and set up your Evolved Personal Training App account before your first training session. The 2nd email is a welcome email that has helpful information and includes the link to your free download of the “Evolved Cookbook V1”.

Info about Evolved Personal Training sessions:

- All personal training sessions last 1 hour
- Show up promptly for your sessions
- All sessions must start at prescheduled time and must end at prescheduled time. Sessions cannot run over due to late arrival.
- Water is FREE
- Payments must be made prior to training
- All participants must sign and complete health history, exercises readiness and liability forms prior to training sessions
- **5 hours late cancel policy** (*description in contract*)

How to prepare for training sessions:

- Complete Health History form(on email) and download the Evolved Personal Training App.
- ***Check in on Facebook or Tag us on Social Media!*** Show some love!
- Wear athletic shorts, t-shirt and athletic shoes.
- Clients are encouraged to bring a clean towel and water with them to training sessions
- Drink plenty of fluids over the 24-hour period preceding training sessions to ensure normal hydration.
- Avoid heavy meals, tobacco, alcohol, and caffeine for at least 3 hours before training session. *We do recommend having a small snack 30 minutes to 1 hour before the training session.*
- Avoid exercise or strenuous physical activity prior to training session.
- Get an adequate amount of sleep (6-8 hours) the night before each training session.

For more information, comments or concerns call

Georgetown, KY: 270.313.3216

Winchester, KY: 859.576.4389

www.EvolvedPersonalTraining.com

Customerservice@EvolvedPersonalTraining.com

YOUR TRAINER: _____ **SESSION DAY(S)/TIMES** _____ **Start Date** _____

TRAINER#: _____ _____
