



Welcome! Thank you for choosing me as your Personal Trainer!

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Introduction

Congratulations on taking your first steps toward a healthier and happier lifestyle! Recognizing the need for a change and acting on it is not an easy thing to do. As we work together to achieve your goals, you can expect me to always give my best! Whether it's creating safe & effective exercise plans, giving nutritional tips/advice, or giving you an honest & motivational push, you can count on me! It won't be an easy journey. There will be obstacles, frustrations, and even some days where you feel like giving up. Remember, nothing good ever comes easy! As long as we work together and communicate, we will get you to the place you want to be!

Getting Started

- 1) Reach out to express your interest! You can reach me via email or text.
- 2) Fill out the client questionnaire & explain your goals/focus.
- 3) Based off of your response, we will determine the best course of action for your program. This includes your schedule for your online or in-person sessions and your independent sessions.
- 4) Start your program and start working towards your goals! There will be weekly check-ins to monitor your progress and make possible adjustments if needed.

Program Design

- Based off your specific goals, I will design a program that will primarily target the specific areas of your focus. We will make sure to hit all of the major muscle groups as well.
- Based off of your performance, I will adjust reps, sets, weight, intensity, and timing as needed to progress you further along towards your goals.
- Your program will be divided into training sessions with me, individual sessions, and rest days. This will be determined by you. Most of my programs are designed to include one full rest day. Depending on your health needs, extra rest days may be needed.
- Expect to perform various exercises/movements that use resistance training, cardiovascular training, and various stretching techniques.

Payment/Scheduling

Payment: Pricing/session is varied based on the following variables

- In Person or Online
- Drive Time
- Programming Time

- Amount of Sessions/Week

Once everything is factored in, we can discuss the price.

As far as payment options go, I accept:

- Cash
- Checks
- Cash App
- Facebook Pay

Payments can be made weekly, bi-weekly, or monthly. They must be made prior to the sessions they are paying for.

Scheduling: We will work together to find a time to accommodate each of our schedules. Prior to the start of the work week, on Sundays, I will reach out to confirm our session times for the upcoming week. I do not schedule sessions on Sundays.

■ *Rescheduling/Cancellations*

- If I ever need to cancel I will first, try to see if we can find a day to reschedule the session. If we are unable to schedule a makeup session, the session will not need paid for. If it has already been paid for, the money will be refunded.
- If you ever need to cancel, I would like a 48-hour notice. This would allow me to possibly fill that time slot with a different session. If there is at least a 48-hour notice, the session will not be paid for. Anything less, I will still expect a full payment for the canceled session.
- If there is an emergency and you need to cancel, we can discuss further options.

Equipment

- I highly recommend that you purchase/use your own equipment. However, not necessary.
- If you do not own any equipment and/or can't afford to purchase your own, I can bring my own with me if we are working together in-person. If we are

working together online, we will work with what you have (results may vary).

- If you do own equipment, we can incorporate it into your program.
 - *My Personal Equipment Includes:*
 - Dumbbells (5lbs to 30lbs)
 - Kettlebell (10lbs)
 - Medicine Balls (10lbs to 15lbs)
 - Resistance Bands for Legs (10lbs to 50lbs resistance)
 - Resistance Bands for Upper Body (10lbs to 150lbs resistance)
 - Bosu Ball

Nutrition Tips

- As far as the nutrition aspect goes, I am not a registered dietitian. So, I do not make meal plans.
- I do provide nutritional tips based off of my own personal experience.
- At the end of the day, everybody is their own person and some things that work for one person, may not work for another person. Figuring out what works for you is important.
- I can help motivate you with your diet goals, however. I can also help you learn how to track your food.

Code of Ethics

As your personal trainer, I agree to abide by the following code of ethics:

- I will only provide advice that I believe in and that I would personally follow.
- I will honor all contracts, scheduling, and agreements with clients.
- All disclosure with my clients will be in the strictest confidence, unless disclosure relates to criminal activities.
- I will be authentic and honest about my qualifications, education, and certifications.
- I will conduct myself in a professional manner, in accordance with this code of ethics whenever engaged in any fitness capacity or relationship.