



LEVERAGE

Leverage Training Client and Personal Trainer Agreement

This agreement is to ensure that the role of the client and personal trainer is clearly understood for both parties.

Client Responsibilities

1. Complete all of the forms in this packet and email to joe@leveragefitnesstrainer.com. Failure to do so will delay the delivery of fitness and nutrition plans.
2. All information provided between trainer and client is strictly confidential and is only used to establish fitness baseline and to ensure the health and well being of the client.
3. Monthly results information will be sent
4. If you have any questions, please feel free to contact Joe or Nick through the Leverage Training website.
5. Packages include training or nutrition only, or a combination of training and nutrition.
6. Training packages start at [] 3 months (\$1200), [] 6 months (\$1800), [] 12 months (\$3200, this package includes both training and nutrition plans)
7. Nutrition plans are [] \$50/week
8. Client agrees to pay for appropriate package as stated above. **Please select a package that fits your goals.**
9. **Client is responsible to pay for total amount of package chosen above in full as well as waiting six (6) months before choosing a competing personal trainer following completion of required time signed up for.**

Trainer Responsibilities

1. Your personal trainer will provide you with specific guidance, motivation, and instruction to reach your specific fitness goal.
2. The trainer will provide you with an exercise/nutrition plan for your goal and will answer any questions and make adjustments if needed.
3. Once you have purchased a plan your trainer will provide you with a welcome packet by email within 3 days and will provide you with your plans within 5 days once the packet is returned to the trainer.
4. The trainer will provide open lines of communication throughout the time of service with Leverage Training.

Print Name

Signature

Date