

Terms and Agreement

I appreciate that my clients lead busy lives with numerous commitments. I understand that there may be the odd occasion where a scheduled training appointment will need to be changed and I will do my best to accommodate these situations. There are, however, some policies that are necessary to keep clients on track with training and avoid frustrating situations where valuable time is wasted.

Please read and sign your initials after each statement to indicate that you have read and understood these terms.	Please Initial
CANCELLATIONS: Twenty-four (24) hours notice is required if you are unable to attend a training session. If less than 24 hours notice is given, that session may be counted, and the client will be charged.	
TARDINESS: As many client sessions are booked back-to-back, it is important to be on time for your session. If you arrive late for your session, it will still end at the scheduled time.	
HEALTH: I understand that it is my responsibility to inform my personal trainer if any conditions or changes in my health occur which might affect my ability to exercise safely and with minimal risk of injury.	
HYDRATION: Always bring a water bottle with you.	
NUTRITION: Eat appropriately before you come, as proper nutrition is the foundation of a healthy body. Working out on an empty stomach may cause dizziness and premature fatigue or a full stomach may cause cramps.	
MEDICAL: I have answered the questions on the Medical Background (Par Q) Form to the best of my knowledge. I understand that medical clearance is required if I have any medical problems and have answered yes to any questions on the Medical Background Form.	
I understand that should I feel lightheaded, faint, dizzy, nauseated, experience any pain, or discomfort that I am to stop the activity and inform my personal trainer immediately.	
RESPONSIBILITY: I understand that the results of any fitness program cannot be guaranteed and that my progress depends on my effort and co-operation before, during and after my session(s).	

My commitment is to help you to reach your health and fitness goals; by adhering to the above, we can make it happen! I understand and accept the policies as set out above.

Signature

Date

Nancy McNeil | Certified Personal Trainer

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