

Look Great Feel Fantastic

personal training and nutritional advice

Client Trainer Agreement

I will use my skills and knowledge to design a safe programme of exercise that will take into account your personal goals, fitness levels and exercise likes and dislikes.

I will provide the coaching, supervision advice and support that you may need to help you achieve your goals. Your progress will be regularly monitored and the programme revised and adjusted accordingly.

I will organise appropriate venues for all training sessions. Home training can be performed in the client's home and they may be required to provide training equipment.

All client information will be kept strictly private and confidential. If I require further medical information from a practitioner, you must provide such details.

It is understood between client and trainer that both will commit to the programme and give 100% effort.

You are required to arrive 5 minutes prior to a training session so that a full session can be achieved on each visit.

You are required to wear appropriate clothing and footwear, Clothes should be loose fitting and non restrictive. Footwear should be comfortable and provide adequate support.

Sue Murray
July 2009