

# CLIENT CONTRACT AND TERMS & CONDITIONS

## PLEASE READ BEFORE SIGNING

Congratulations on your decision to participate in an exercise program! Your goals are of great importance to me, and based off of close to a decade of experience personal training, we will achieve what you set out to accomplish most effectively if you can maintain one very important variable: consistency. Adherence to the program over time will be the greatest contributing factor to your success.

The details of these training sessions and your program can be used for a lifetime. In order to maximize progress, it will be necessary for you to follow program guidelines during supervised and (if applicable) unsupervised training days. Furthermore, what you do outside of the gym is just as imperative to your success as what you do inside of the gym. Taking ownership in your sleep, nutrition, and overall recovery habits will be things we periodically talk about and that I'll be checking in with you on.

Finally, with any exercise program, there are risks, including increased heart stress and the chance of musculoskeletal injuries. In participating in this program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program.

**By signing below, you accept full responsibility for your own health and well-being and you acknowledge an understanding that no responsibility is assumed by Make Yourself LLC.**

_____	_____	_____
Participants name (print clearly)	Participants signature	Date
_____	_____	_____
Parent/guardian's name (if needed)	Parent/guardian's signature	Date



# PROGRAM OPTIONS

Options are based on month long commitments. Change does not happen from one or two workouts, it is with consistent action repeated over time that you will achieve what you initially set out to do; therefore, I ask that you make this investment in yourself from day one. When you set out with this intention, you will not only see the results you want, but I can better develop the best plan for you to smash your goals. **All sessions must be scheduled at the beginning of each training month (not calendar month) and paid for in full or on a recurring weekly payment plan.**

**>>COMBINATION TRAINING:** In person sessions paired with your own custom programming

In my experience, this is *the most effective way* to achieve your goals successfully and efficiently. You will *always* have a well thought out plan, designed just for you, when you walk into the gym. Here is what you can expect from this type of training program:

- **Measurable:** our first session of each month will be to assess progress, the mode of which will vary depending on the training cycle you are in. For example, we may do a functional movement screening the first month, a cardiorespiratory and muscular endurance test the next month, a strength test the third month, and so on. This is dependent on where you are at and what your goals are.
- **Adjustable:** your program will be designed around your goals and can be adjusted each time we meet according to any real time changes (travel, work, schedule change, sickness/injury, etc.).
- **Progressive:** sessions with me are one hour long and will resemble a normal training day. This allows you to learn new movements and refine technique over time.
- **Accessible online:** all of your workouts, even the ones with me, will be accessible online for the duration of your program.
- **Payment:** prepaying for the month is preferred; however, it is possible to set up a recurring weekly payment for the duration of the program as well.

The following packages are a great way to track progress overtime and develop ownership with your training. **If you are looking for combination training, please select from the following options:**

## **A. ONE MONTH COMMITMENT: 2 SESSIONS PER WEEK + WORKOUT PROGRAMMING**

**Pricing \$120/week [\$480/month]**

This is the ideal place to start. The more in person contact we have initially, the better, because you will be able to build up your confidence and movement toolbox faster. You will have two additional workouts programmed for you per week.

## **B. ONE MONTH COMMITMENT: 1 SESSION PER WEEK + WORKOUT PROGRAMMING**

**Pricing \$75/week [\$300/month]**

Three additional workouts per week.

**C. ONE MONTH COMMITMENT: 1 SESSION PER WEEK + WORKOUT PROGRAMMING**

**Pricing \$70/week** [\$280/month]

Two additional workouts per week.

**THREE MONTH COMMITMENT: 10% off SELECTED PROGRAM**

**Pricing:** select any of the above packages, multiply by 3, and then take 10% off. Payment can be made in full at the beginning of the 3 month block or recurring payments can be set up to be made monthly or weekly. All sessions must be scheduled at the beginning of each *training month* (not calendar month).

[A. = \$108/week; \$432/month] [B. = \$270/month; \$67.50/week] [C. = \$252/month; \$63/week]

**>>IN PERSON TRAINING ONLY**

Train with me as often as you want. **All sessions must be scheduled at the beginning of each training month (not calendar month) and paid for in advance either in full or on a recurring weekly payment plan.**

**PREPAID MONTH: 4 SESSIONS PER WEEK**

**\$160/week** [\$640/month]

**PREPAID MONTH: 3 SESSIONS PER WEEK**

**Pricing \$135/week** [\$540/month]

**PREPAID MONTH: 2 SESSIONS PER WEEK**

**Pricing \$100/week** [\$400/month]

**PREPAID MONTH: 1 SESSION PER WEEK**

**Pricing \$50/week** [\$200/month]

**PREPAID DUO DISCOUNT:**

Sessions are \$35 for *each person* multiplied by number of sessions scheduled for the month. Sessions must be prepaid, scheduled, and agreed upon by all 3 parties. If one party fails to uphold the terms of the agreement, the other party will not be found liable.

**PRO BONO (or) OTHER**

This type of agreement has been verbally arranged, discussed, and agreed upon by the client and Make Yourself LLC.

## >>PROGRAMMING ONLY

Program is paid for in advance and includes a one time free initial consultation (phone or in person) and movement screening (in person). You will have access to your program digitally via my website so that it is easily accessible, can be periodically updated to track performance metrics and progress over time.

**PREPAID MONTH: 20 WORKOUTS (5/week)**

**Pricing \$120/month**

**PREPAID MONTH: 16 WORKOUTS (4/week)**

**Pricing \$100/month**

**PREPAID MONTH: 12 WORKOUTS (3/week)**

**Pricing \$85/month**

## TERMS & CONDITIONS OF THE CONTRACT

Please initial next to the following terms to indicate your understanding and agreement to each.

### SCHEDULING & CANCELATIONS

1. Scheduling for the training month must be completed before at the start of each training month. Reschedules during the month can be negotiated as needed within a timely manner.
2. Personal training sessions that are not rescheduled or canceled **24 hours in advance** will result in forfeiture of the session and a **loss of the full financial investment** at the rate of one session.
3. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.

### EXPIRATION OF SESSIONS & REFUNDS

1. Prepaid monthly sessions will expire 14 days after the end of the training month. Unused personal training sessions are void after this period of time.
2. Prepaid monthly sessions in the three month commitment plan will expire 14 days after the end of the three month training period.
3. No personal training refunds will be issued once paid for **unless there are serious and extenuating circumstances**, which will be determined by the trainer.

4. I agree to not resell or distribute my program to anyone else, as this is intellectual property of Make Yourself LLC, of which I have purchased for my use and my use alone.

**By signing below, I agree to the terms and conditions of my personal training sessions with Make Yourself LLC and understand that failure to meet any of these conditions or violations of the contract may result in termination of working together and may result in legal action by the State of Alaska. The agreement is effective as of the date written below.**

\_\_\_\_\_  
Participants name (print clearly)      Participants signature      Date

\_\_\_\_\_  
Parent/guardian's signature (if needed)      Date

\_\_\_\_\_  
Trainer's name (print clearly)      Trainer's signature      Date