



## TERMS AND CONDITIONS

Welcome to personal training. I look forward to working with you on the road to achieving and maintaining a fit lifestyle and reaching your goals. The following is a list of things you will need to bring to your workout and some regulations outlining cancellation policies. Ensuring we do these things will help us achieve results in a timely fashion.

- Please make sure you do not arrive at a workout on an empty stomach, a substantial meal 1 ½ hours prior to training will give you the energy to get the most out of the workout
- Please bring a workout towel and water bottle to every session
- Make sure you have good footwear
- Please bring with you all medications that may be of need during our training , ie inhaler, insulin , adrenaline etc
- We all have our bad days, so if you are feeling under the weather, had a tough day or just a bit down and not at your peak performance , please be honest with me and let me know to tailor your session to suit.
- All sessions must be paid for in advance or on day of training
- Please ensure that all packaged sessions are to be paid in full up front.

If you cannot make the session for any reason , please make note of my cancellation policy.

- Cancellation by client must be made with 24 hour notice. Failure to make the scheduled session without prior warning will incur a full session fee.
- Cancellation made by myself much be made with 24 hours notice. Failure to do so will result in a complimentary session to the affected client

Signed Client ..... Date .....

Signed trainer ..... Date .....