



Terms & Conditions for Personal Training

Cancellation Policy

All session cancellations require a minimum of 24 hours' advance notice. Should a session be cancelled with appropriate notice and subsequently rescheduled, no additional fee will be incurred. This policy is applicable to both the client and the trainer.

Cancellations made within 24 hours of the scheduled appointment, as well as failure to attend without prior notice, will result in the full session fee being charged. The trainer retains the discretion to make exceptions to this policy under extraordinary circumstances.

Personal Trainer's Commitment to You

As your personal trainer, I will ensure:

- Your privacy and confidentiality
- Your program is explained
- You understand why I have programmed what I have for you
- You are working towards improvement
- Your program and information will be delivered on time

Your Commitment to Training

As my client, you agree:

- To be on time to our sessions
- To be honest about your health and wellbeing, including nutrition, injury, illness and goal barriers
- You're committed to achieving and completing your exercise plans
- You will inform your trainer of any changes in health, wellbeing and lifestyle stressors
- You will take responsibility and inform your trainer if you are not satisfied with your training.

This document may be referred to at any time if any of the above have been disregarded or not followed. By signing below, you agree to the above terms and conditions.

Personal Trainer:

Name: Claire Goddard

Signature: *C. Goddard*

Client:

Name:

Signature:

Date: