

SCULPT MY BODY FITNESS

BODY BOOT CAMP

PERSONAL TRAINING AGREEMENT, POLICIES AND PROCEDURES

Congratulations on beginning your personal training program! Thank you for choosing Sculpt My Body Fitness, LLC as part of your commitment to health and fitness. As your personal trainer, I will help you improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The training methods, exercises and instruction for each training session can be used for a lifetime.

To optimize your progress and results, it is important to follow program and nutritional guidelines during both supervised and unsupervised training days. Exercise and nutrition are EQUALLY important. I am excited to be a part of your journey. Remember, improving our health and fitness is a process that requires commitment, consistency and patience.

Please read the following information, and sign to acknowledge that you understand and agree to my training program policies.

This agreement is made by and between:

CLIENT: _____ DATE: _____

TRAINER: Meleah Wehman DATE: _____

In consideration of the mutual promises exchanged in this agreement and for other valuable consideration, the parties agree as follows:

- 1. CLIENT COMMITMENT:** By purchasing training sessions, client is making a commitment to his/her health. Client should follow the program and instructions of Trainer, Meleah Wehman ("Trainer"), to the best of his/her ability to maximize results and better achieve his/her goals. Remember, ultimate results are up to the client. Trainer will show client how to work his muscles correctly and with good form, and encourage him/her to go to his/her safe limit and fitness level, but it is client's responsibility to: work out consistently, eat properly, get plenty of sleep, and live a healthy lifestyle. Trainer will offer direction and guidance in these areas as well.
- 2. SESSION SPECIFICS:** Trainer and client will agree upon the time, frequency, program type, content and location of personal training sessions at the rate set forth on the Sculpt My Body Fitness, LLC Health Assessment and Registration form.

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3. **LENGTH OF TRAINING SESSIONS:** Sessions will last one hour. Trainer may opt to vary the length of sessions at her discretion.
4. **EXPIRATION OF TRAINING SESSIONS:** All sessions purchased in advance will expire 6 months from date of purchase. This includes single session personal training purchases, small group training (2-4 people) single session purchases, and multiple session package purchases.
5. **PUNCTUALITY:** Showing up late or failing to be prepared to train may result in a shortened workout or possible cancellation, if the client is more than 30 min late for a scheduled one hour session. If the client anticipates running late, he/she should contact Trainer as soon as possible.
6. **STOPPING EXERCISES:** Client may refuse or stop any exercise for any reason. It is client's responsibility to notify trainer of any discomfort or pain arising from or during exercise, as well as any and all other known limitations client has or experiences, so that trainer may accommodate client and substitute another exercise to work that particular muscle group.
7. **PAYMENT:** Client acknowledges and agrees that payment must be made in advance of sessions. Sessions may be purchased at the single session rate or at the discounted 12 or 24-session package rates. Trainer accepts credit card, cash or check. If client fails to cancel a session under the cancellation policy below (section 8), client will not receive a refund for the missed appointment.
8. **CANCELLATION POLICY OF INDIVIDUAL SESSIONS:** Client is asked to call, text or email trainer 12 hours in advance of the scheduled training session in order to avoid being charged for the training session. Clients who do not cancel with 12 hours notice will be charge for the cancelled sessions. However, Sculpt My Body Fitness, LLC and trainer understand that emergencies happen. Therefore, every client receives one free short-notice cancellation. You will not be charged for your first cancellation with less than 12 hours notice. The free short-notice cancellation only applies if client notifies trainer prior to the session start time. Failure to contact trainer will result in a lost session and will not be refunded. If trainer must cancel a session, she will do so, by phone or text, with at least 12 hours notice or client will receive a complimentary session. This complimentary session must be used within 30 days of the date of the cancelled session.
9. **CANCELLATION OF CONTRACT/REFUND POLICY:** All personal training sessions and packages purchased will expire six months from the date of purchase. Client may cancel this contract within 5 business days after the day this contact was signed for a full refund of any money paid

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under this contract. Notice of cancellation must be made in writing and delivered to trainer via email at sculptmybodyfitness@yahoo.com. Training sessions and packages are non-refundable if notice of cancellation is delivered after 5 business days following the date of signature of this contract. Transferring pre-paid personal training sessions and/or packages must be approved by trainer.

By signing below, both client and trainer agree to the terms of this agreement.

Client's Signature

Date

Print Client Name

Parent/Guardian Signature (if client is under 18)

Date

Print Name of Parent/Guardian

Date

Trainer's Signature

Date

Meleah Wehman, Owner/Personal Trainer
Sculpt My Body Fitness, LLC.

I am here to provide support and encouragement every step of the way to accomplish your fitness goals!