

CLIENT CONTRACTUAL AGREEMENT

The Guidelines outlined are to ensure that the relationship between the trainer and client and the responsibilities of both parties are clearly appreciated and understood.

TRAINERS RESPONSIBILITIES

1. Each session will last 30 or 60 minutes' dependent on the package that has been agreed, but will not exceed 1 hour.
2. Your trainer will provide guidance regarding exercise techniques.
3. If your trainer is late without prior notice the time is the owed to the client.
4. The trainer must notify the client 5 hours to the session if they have to cancel, at which stage the session will be rescheduled.
5. All information regarding the clients program and progress is confidential and will remain on file with FITWITHENERGY.

CLIENT RESPONSIBILITIES

1. Payment Must be received before starting first personal Training sessions
2. Client is expected to discuss all health history information and any medical concerns with trainer.
3. Clients and trainer are required to sign in and out for every session.
4. All appointments must begin on time and end 1 hours after the scheduled time
5. The trainer is expected to wait 15 minutes for a client at which time the session is forfeited.
6. Client must give at least 24 hours' notice for session cancelations. failure to do so will result in the forfeiture of the session.
7. Client will communicate any discomforts, pain or concerns experienced during or arising from session.
8. All Blocks sessions must use within days stated below or remaining session will be forfeited unless other arrangement have been made with the trainer

SESSIONS BOOKED	EXPIRATION PERIOD	DAYS	SESSIONS A WEEK
1 BLOCK	1 week	7 DAYS	single session
5 BLOCK	5 weeks	35 DAYS	1 session a week
10 BLOCK	6 weeks (42 days)	42 DAYS	2 sessions a week
15 BLOCK	7 weeks (49 days)	49 DAYS	2-3 session a week

ONLY FILL OUT IF OTHER ARRANGEMENTS HAVE BEEN MADE PLEASE STATE BELOW.

**IF THE CLIENT, FOR ANY REASON DOES NOT COMPLETE ALL OF THEIR SESSION IN THE PACKAGE,
NO REFUND WILL BE GIVEN**

CLIENT SIGNATURE

DATE

TRAINER SIGNATURE

DATE

PHYSICAL AND READINESS QUESTIONNAIRE (PAR Q)

A SELF ADMINSTRATED QUESTIONNAIRE FOR ADULTS

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of the PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults, for whom physical activity might be inappropriate, or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide to answering these questions please read carefully and TICK the YES or NO box opposite the questions as they apply.

WHAT EXERCISES WILL YOU BE YOU DOING:

BOOTCAMP

PERSONAL TRAINING

RUN CLUB

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

MEDICAL

1. Has the Doctor ever said that you have heart problems?
2. Do you have chest pains brought on by physical activity?
3. Have you developed chest pains within the past month?
4. Do you tend to lose consciousness, often feel faint or fall over as a result of dizziness?
5. Has your doctor ever said your blood pressure was too high?
6. Do you have a bone or joint problems that could be aggravated by the proposed physical activity?
7. Are you aware through your own experience or doctor's advice, of any physical reason against you exercising without medical supervision?
8. Are you over the age of 65 and not accustomed to vigorous exercise?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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**PRESSURE
SYS**

**PRESSURE
DYS**

**PRESSURE
RHR**

**EMERGENCY CONTACT
NUMBER & NAME**

**PARTICIPANTS
FULL NAME**

**SIGNATURE
DATE**