

# PERSONAL TRAINING CONTRACT

I. **THE PARTIES.** This Personal Training Contract ("Agreement") dated \_\_\_\_\_, 20\_\_\_\_ ("Effective Date"), is between the following:

Client: \_\_\_\_\_ with a mailing address of \_\_\_\_\_ ("Client") and

Personal Trainer: \_\_\_\_\_ with a mailing address of \_\_\_\_\_ ("Personal Trainer").

Client and Personal Trainer are each referred to herein as a "Party" and, collectively, as the "Parties," agree to the following:

II. **SERVICES.** The Personal Trainer agrees to provide: (check one)

☐ - **General Training.** The Personal Trainer is obligated to provide training that enables and instructs the Client to personal betterment regarding their body. The Client can dictate the training methods that should be followed to accomplish their goals.

☐ - **Specific Training.** \_\_\_\_\_

Hereinafter known as the "Services."

III. **DURATION.** The Services provided by the Personal Trainer will last for a period of \_\_\_\_\_ minutes per training session ("Session").

IV. **FEE.** The Client agrees to pay the Personal Trainer a fee of \$\_\_\_\_\_ for the Services on a per Session basis ("Fee").

a.) **Payment Instructions.** \_\_\_\_\_

V. **SESSIONS PER PERIOD.** The Personal Trainer agrees to: (check one)

☐ - **Not Schedule Sessions.** The Client will request the Services of the Personal Trainer on a mutually agreed-upon time period.

☐ - **Schedule Sessions.** The Personal Trainer will schedule the Client to \_\_\_\_\_ Sessions per week in accordance with the times below:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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**Sophia F. Dziegielewski**



## **Personal Training Client Contract Template Download:**

*ACSM's Resources for the Exercise Physiologist* Benjamin Gordon, American College of Sports Medicine (ACSM), 2021-07-12 An essential preparation book for the ACSM Certified Exercise Physiologist examination ACSM's Resources for the Exercise Physiologist 3rd Edition is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology Published by the American College of Sports Medicine this practical resource is organized around the scope of ACSM EP practice domains A clear introduction to understanding exercise physical activity and pre exercise screening opens the book followed by thorough coverage of assessment and programming for healthy populations assessment and programming for special populations counseling and behavioral strategies for encouraging exercises and legal management and professional issues relevant to practice [The Path to Personal Training Success](#) Barrett Williams, ChatGPT, 2024-12-03 Unlock your potential and pave the way to a fulfilling career in personal training with [The Path to Personal Training Success](#) This comprehensive eBook is your ultimate guide to thriving in the ever evolving fitness industry with a special focus on senior fitness a rapidly expanding niche full of opportunities Begin your journey by gaining a deep understanding of the fitness landscape and the pivotal role personal trainers play in transforming lives Seize the chance to explore various niches and define your unique selling proposition ensuring you stand out in a crowded market Specialize in senior fitness one of the most rewarding and impactful sectors in personal training today Learn to design safe effective programs tailored to older adults taking into account age related health conditions and ensuring continuous learning and certification Empower seniors with the numerous benefits of fitness from enhanced mobility to improved overall well being Set the foundation for your success by choosing the right business structure crafting a detailed business plan and managing finances effectively Your brand is your identity discover how to communicate your style and voice to build an attractive website engage on social media and leave a lasting impression Create individualized training programs and group sessions and master the art of monitoring and adjusting these to meet your clients evolving needs Amplify your reach with targeted marketing strategies and leverage both online and offline channels to build a loyal client base Enhance your services with technology and tools from fitness apps to virtual training platforms Navigate legal and ethical waters confidently with robust client agreements and waivers Aspire for growth by scaling your business hiring staff and diversifying offerings Arm yourself with strategies to overcome challenges and burnout keeping your passion and motivation thriving Finally gaze into the future with insights into emerging fitness trends and the impact of technology Whether you're starting out or looking to expand this eBook is the key to building a lasting legacy in senior fitness Embrace the journey and redefine success in personal training

**The Business of Personal Training** Scott Roberts, 1996 Whether you are considering a career as a personal trainer or

searching for ways to increase revenue and gain new clients for your existing business you ll find The Business of Personal Training to be an indispensable reference Written by some of the most successful personal trainers in the country this book provides the foundation for building your personal training business The Business of Personal Training discusses not only how to build a solid business but also how to be an effective trainer After an outline of the history of the profession and the qualifications needed to be a personal trainer the book explains how to develop a mission statement and business plan create strategic and creative marketing plans establish prices for services hire and train staff members improve client trainer communication motivate clients and help them set goals and design appropriate exercise programs Nineteen sample forms make it easy for you to put the ideas presented into practice Learn from veteran personal trainers what it takes to succeed The practical advice provided in The Business of Personal Training is valuable for new and established trainers as well as for health and fitness administrators who supervise personal trainers

**NPTI's Fundamentals of Fitness and Personal Training** Henriques, Tim, 2014-08-13 This text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals

**On-the-job training** United States. Employment and Training Administration, 1978

**How to Start a Personal Fitness Business: Q&A for Trainers** Visionary Toolkit, 2024-12-08 How to Start a Personal Fitness Business Q A for Trainers is a straightforward guide for anyone wanting to turn their passion for fitness into a successful career This book answers common questions about building your brand setting prices finding clients and growing your business Written in a simple and easy to read style it s the perfect resource for trainers ready to take the first step toward running their own fitness business

**How to Start a Personal Training Business** AS, 2024-08-01 How to Start a XXXX Business About the Book Unlock the essential steps to launching and managing a successful business with How to Start a XXXX Business Part of the acclaimed How to Start a Business series this volume provides tailored insights and expert advice specific to the XXX industry helping you navigate the unique challenges and seize the opportunities within this field What You ll Learn Industry Insights Understand the market including key trends consumer demands and competitive dynamics Learn how to conduct market research analyze data and identify emerging opportunities for growth that can set your business apart from the competition Startup Essentials Develop a comprehensive business plan that outlines your vision mission and strategic goals Learn how to secure the necessary financing through loans investors or crowdfunding and discover best practices for effectively setting up your operation including choosing the right location procuring equipment and hiring a skilled team Operational Strategies Master the day to day management of your business by implementing efficient processes and systems Learn techniques for inventory management staff training and customer service excellence Discover effective marketing strategies to attract and retain customers including digital marketing social media engagement and local advertising Gain insights into financial management including budgeting cost control and pricing strategies to

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The Staff of Entrepreneur Media,2016-11-21 Personal Training Business shows you how to create a revenue stream by helping clients build stronger healthier bodies This guide features information on how to start a training business choose a training focus and location cultivate a client base and market training services using the latest trends in social media

IDEA Personal Trainer Business Book Denis Gagnon,1996 Legal Aspects of Personal Fitness Training Brian E. Koeberle,1990 **Choosing a Counselling or Psychotherapy Training** Sylvie K. Schapira,2002-05-03 There are a bewildering number of counselling and psychotherapy courses on offer yet often trainees are not fully aware of the implications of their choice of course for their time finances and future career until they have already begun training Choosing a Counselling or Psychotherapy Training takes the reader through all the stages of the therapeutic training path looking at everything from starting a course to employment prospects Informative and realistic the book includes Theoretical approaches to counselling and psychotherapy Preparation for starting a course costs and course content Qualifications registration accreditation and research Careers in therapy Choosing a Counselling or Psychotherapy Training is essential preparatory reading for all those embarking on counselling or psychotherapy courses as well as for trained counsellors and therapists considering their career development *The Business of Dog Training* Susan Bulanda,2024-08-22 Yes you can

build a thriving career as a dog trainer and dog training expert Susan Bulanda will show you how step by step Whether you re passionate about dogs and eager to turn your love for canine companionship into a rewarding profession or an experienced trainer looking to elevate your business in new and exciting ways this comprehensive guide has you covered Inside you ll discover step by step start up strategies effective marketing techniques essential business skills client management and communication advanced canine training insights legal and financial know how Written by expert dog trainer and educator Susan Bulanda The Business of Dog Training combines industry knowledge and experience with actionable advice making it an indispensable resource for anyone looking to turn a passion for dogs into a prosperous career Yes you can pawsitively make a real impact in the lives of dogs and their owners It s easier and more fulfilling than you think Your dream career starts here Fetch it CHAPTERS Introduction Why Be A Dog Trainer Overview of What You Need to Know Your Business Plan Your Protection Dog Trainers Insurance Contracts Your Services Fees Business License Business Name Promoting Yourself Bookmarks and Business Cards Business Phone Web Site Blog Site Presentations Articles Veterinarian Clinics Hospitals Newspapers and the Yellow Pages Brochures Referral Groups Networking Fairs Craft Shows and Carnivals The Type of Basic Obedience Classes You Offer Training Facility Taxes Equipment Getting a Helper Client Records What kind of trainer do you want to be Specializations Where to Learn the Techniques and Why Books Clubs Mentors Seminar Videos Webinars Podcast Self Taught Techniques to Teach the Owners Do s and Don ts Handouts for Clients Handout of Don ts Keep Up with The Latest Research and Information Analyzing Reports and Information Dogs Breed Trends Medical Issues Sports Food Treats Toys Certifications and Organizations Organizations Certifications Multi species Other Services to Offer Clients Counseling Owners General Counseling Grief Counseling Selecting and Finding the Right Dog Step One Determine which breed or type of dog is best for you Step Two Get the Names of Breeders Step Three Call the people who own puppies from their last litter Step Four Visit the breeder see the dogs Step Five Call the breed club and ask about the breeder you like Step Six Wait for your puppy The Children s Role in Selecting a Dog Puppy Medical Decisions Evaluating Litters Evaluating Adult Dogs Doggie Day Care Boarding Kennel Pet Sitting Dog Walking Referrals Beyond Being A Dog Trainer Animal Shelters and Rescue Groups Therapy Dogs Canine Good Citizen and Therapy Dog Evaluator Managing Your Time New Dog Trainers A Bad Referral Readings and Resources Resources Videos DVD Books AUTHOR BIO Susan Bulanda is a Certified Animal Behavior Consultant in practice since 1961 and has been a search and rescue dog trainer and handler since 1981 She is the Head trainer of the Phoenixville Fire Department K9 Search Rescue Unit Learn more at [www.sbulanda.com](http://www.sbulanda.com) *Strategies for Success* ,2005 [Discover the Secret: Making Money as a Fitness Professional](#) Gervasio Da Gloria,2011-11-28 If freedom is your goal dont lose sight of it Money management is the area that concerns fitness professionals the most and the area on which they focus the least Its the subject that causes the most distress There is no reason why you should have to work frantically all your life You can work smart work less and earn more money Discover the Secret Making money as a fitness

professional offers an insight which will aid fitness professionals in creating a system that enables you to learn how to manage your money how to invest that money and how to make it work for you instead of you working for money This book covers many aspects of the business of personal trainers ranging from how to change your behaviour about money your money personality how to design an effective system so that you can earn money even when you are not working It also explores the benefits of become financial literate how set up your price and present it effectively determine how many sessions you need to sell in order to stay in business how much income tax do you pay as well as National insurance Contribution and much more

**Hospitality Management** Lynn Van der Wagen,Lauren White,2018-10-01 Written for SIT50416 Diploma of Hospitality Management Hospitality Management 4e covers all 13 core units plus seven electives Each chapter is written to a unit of competency and maintains the volume of learning of previous editions with relevant and easy to understand information including Australian examples and references Structured in three parts the text covers the knowledge and skills required of frontline supervisors managerial topics and business strategy content The Industry viewpoint at the start of each chapter introduces students to current issues and themes in the hospitality industry and numerous pedagogical features examples and illustrations have been included throughout the text to help students engage with the material and extend their understanding Each chapter includes activities for discussion and debate with assessment activities requiring the understanding application and analysis of case studies Each section concludes with an integrated case study and weblinks to useful industry resources

*Manpower Research and Development Projects* ,1969

**DSM-5 in Action** Sophia F. Dziegielewski,2014-09-24 Full exploitation of the DSM 5 allows for more comprehensive care By demystifying the DSM 5 author Sophia Dziegielewski goes beyond the traditional diagnostic assessment and suggests both treatment plans and practice strategy She covers the changes in criteria to the DSM 5 and what those changes mean for mental health professionals This resource has been updated to include New and updated treatment plans All treatment plans interventions strategies applications and practice implications are evidence based Instructions on doing diagnostic assessments and differential diagnosis using the DSM 5 Changes to coding and billing using the DSM 5 and ICD 10 The book includes robust tools for students instructors and new graduates seeking licensure DSM 5 in Action makes the DSM 5 accessible to all practitioners allowing for more accurate comprehensive care

**Resources in Education** ,1997-07

**Manpower Research and Development Projects** United States. Department of Labor. Manpower Administration,1971

**Manpower and Automation Research** United States Department of Labor,United States. Department of Labor. Manpower Administration,1962

## **Personal Traing Client Contract Template Downlaod** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Personal Traing Client Contract Template Downlaod**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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spotlight the negative characteristics of a person or character