Personal training client agreement (template)

Not legal or medical advice. This is a free template from JustTrain (justtrain.io/personal-trainer-forms-templates/). Laws on contracts, waivers, consumer rights and health information differ by country, state and province. Have a qualified local professional review and adapt it before you use it with clients. Replace every [bracketed] item and blank line.

This agreement is between _____ ("Trainer", business name and address: _____) and _____ ("Client"). It starts on _____.

1. Services

The Trainer will provide personal training sessions of [length, e.g. 60] minutes at [location: studio address / client's home / online]. The Trainer will plan the Client's sessions based on the Client's goals and the information the Client gives in the intake form and health questionnaire.

2. Package and price

Package name	_____
Number of sessions	_____
Price	_____
Sessions must be used by	_____

[Optional: Unused sessions after this date are / are not refunded or carried over: _____]

3. Payment terms

The Client pays [in full before the first session / in installments of _____ on _____] by [payment method]. [If a payment is more than _____ days late, the Trainer may pause sessions until it is paid.] [Refunds: _____]

4. Cancellations and rescheduling

The Client can cancel or reschedule a session with at least [24] hours' notice by [text / email / app]. A session cancelled with less notice, or missed, [counts as a used session / is charged at _____]. If the Trainer cancels, the session is rescheduled at no cost [or refunded]. If the Client is more than [15] minutes late, the session [ends at the scheduled time / may be cancelled].

5. Health and readiness

Before the first session the Client completes the health questionnaire and the intake form. The Client tells the Trainer about any change in health, injury, medication or pregnancy before the next session. The Client stops exercising and tells the Trainer if they feel pain, dizziness or discomfort during a session.

6. Results

Results depend on many things outside the Trainer's control, such as attendance, sleep, nutrition and health. The Trainer does not guarantee any specific result.

7. Privacy

The Trainer keeps the Client's personal and health information private and uses it only to plan and deliver training, except where the law requires otherwise. [Describe how and where you store client records.]

8. Ending this agreement

Either party can end this agreement with [_____] days' written notice. [What happens to unused sessions and payments: _____]

9. Other terms

[Add anything else that applies, e.g. dress code, equipment, photos, guests. Your local professional may add terms required where you work.]

Signatures

Client name: _____ Date: _____

Signature: _____

Trainer name: _____ Date: _____

Signature: _____

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