



Training Agreement

I acknowledge and agree that this Agreement is not transferable or assignable. I acknowledge that payment is required for the competition of fitness services in advance of use. I agree to pay in advance for fitness training. I understand this money is not refundable. I understand this contract and the term it presents is for the purchase of training and any other purchase of services in the future. I acknowledge that this specific contract, release of liability, consent, and agreement is continuously valid indefinitely. I understand Universal Fitness Solutions LLC DBA Xtreme Fitness Boot Camp Florida has the right and the authority to terminate this contract at any time, if I do not follow the rules of the trainer or fail to conduct myself in an appropriate manner.

Sessions are purchased in 30 and 60 minute increments; unless the trainer agrees to additional time per session. Each session is to be completed in the time allotted; if for any reason a session cannot be completed in the frame allotted a 2 hour notice is required. Boot Camp sessions are structured monthly, if a session is missed an opportunity to make the session up will fall upon the "client"; to either schedule an additional session with the trainer or participate in the following months Boot Camp program. If the client is considered a no call – no show for a session it is taken from the clients overall total of sessions remaining.

By signing this document, I attest, contract, acknowledge, and agree that I am legally bound by its content.

Date: _____

Printed Name: _____

Signature: _____

Client Name: _____

What is your main goal for exercising?

Weight loss

Shaping & toning?

Weight gain

Building muscle

Building strength

Overall health

Lowering blood pressure or cholesterol

Other (please explain)

What is your ultimate outcome (i.e. In six month's time how would you ideally like to describe your body, physical vitality or performance?):

Why is this outcome important to you?

How long have you been thinking about getting into better shape?

Does your spouse support you in your endeavor to enjoy a more fit and healthy lifestyle?

What had stopped you from either getting starting or staying on a consistent exercise and nutritional program in the past?

Why or how is that going to be different this time?

Are you participating in any physical activity now? What & how often?

If not, how long has it been since you've been involved in a regular exercise program?

Is there any area of you body that you want to specifically work on?

On a scale of 1-10, how serious would you say that you are towards accomplishing your health and fitness goals?

Have you ever had a health/fitness program designed for you by a professional trainer before? If so, how long ago?

Do you have any dietary restrictions? ex: lactose intolerant, diabetic, hypoglycemic etc...

How much time per week are you willing to commit towards accomplishing your fitness goals?

What type of cardiovascular exercise do you enjoy the most?

Treadmill

Pre-core elliptical machine

Bicycling d)swimming

Other (explain)

Is there any thing not previously mentioned that would prevent you from getting starting on a regular exercise program today?

Client Signature : _____ Date : _____