



CLIENT TRAINER AGREEMENT

1) Our commitment to you

Confidentiality. All information you give us will be kept in confidence in accordance with the latest GDPR regulations. Your personal details and medical information will not be made available to third parties unless permission to do so is granted by you.

Recommendations. Using our judgment and experience, we will suggest certain exercises, nutritional information, and other lifestyle advice that we believe will help you achieve your personal goals, but if at any time you have specific requests, please tell us so I can accommodate them.

Referral. We intend to work with you within the scope of our knowledge and competencies as an Exercise Professionals. Therefore, when we believe it is in your best interests to seek another health professional, we will refer you appropriately.

2) Your responsibilities to us

Disclosure of information. Please disclose all health information as requested at our initial consultation and keep us updated and informed of any changes to your health status. This includes all medical conditions; physical and mental, injuries, allergies, and medication you are taking. If necessary, you may need to seek clearance from your doctor before participation in the exercise programme we recommend.

Accepting potential risks. Whilst for most people exercise is hugely positive with many health benefits, there remains some risk that we require you to be aware of and see this as a disclaimer that you are aware.

Payment Options. Direct Debit Per Month or Monthly Upfront Packages (details agreed with Tom & Amy)

Communication and Commitment. While we can give you the tools and encouragement to reach your goals, it is ultimately you that will need to put in work to achieve the results. You will need to assume responsibility for making the required changes. We can best help you with this process if you keep us fully informed of any issues that arise for you and if you have any questions or concerns whatsoever, please don't hesitate to voice them with us.

Terms of this agreement. The client understands that they are paying the trainers for their services as outlined in this agreement. If the client doesn't use the services, cancels, or chooses to discontinue the plans, the client will still be responsible to make payment for the full initial term as agreed above. And all payments are non-refundable. The trainers will deliver their coaching and advice to the best of their ability and will always respect all applicable UK laws and the appropriate Code of Conducts.

The client agrees to make all payments by the due date. Please note all money is non-refundable.

ACKNOWLEDGEMENT OF THIS AGREEMENT. I have read and understood this agreement and happy to proceed with the coaching.