

Stark Wellness Personal Training & Fitness Coaching Agreement

Congratulations on your decision to participate in personal training and/or fitness coaching! I am here to help you accomplish your training and fitness goals faster and safer, with maximum benefits, and with sustainability in mind. The success of fitness coaching depends greatly on your own efforts and desires to follow program guidelines during supervised and unsupervised training days between sessions. I cannot offer any guarantee of your success. However, you can expect I will prepare for your session with the main purpose of addressing your needs and the goals you set.

Exercise and healthy eating are equally important. I do not provide nutrition, diet or meal plans. I can help you make healthy decisions regarding food choices and eating according to your unique goals, body type, and lifestyle. I can also support you in following dietary recommendations prescribed by your physician.

As we work together, every effort will be made to assure your safety. However, with any exercise program there are risks, including increased heart stress and chance of injuries. By signing up for this program, you agree to assume responsibility for these risks and waive any possibility for personal damage, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program, you accept full responsibility for your health and well-being, AND you acknowledge an understanding that no responsibility is assumed by me, Jennifer Stark. If you are under the care of a physician, I recommend that you consult with the physician regarding advisability of participating in personal training.

Terms and Conditions:

1. Cancellations can be made by contacting me directly 24 hours in advance to avoid a cancellation fee of \$25. After two missed appointments you will be required to prepay services to set up additional appointments.
2. Clients arriving late will receive only the remaining scheduled session time, unless other arrangements have been previously made with me.
3. Refunds will only be issued for extreme circumstances such as chronic illness or injury and/or orders by a physician to avoid exercise. In the case of relocation by in-person clients, we can switch to online sessions. Payments made for personal training and/or fitness coaching can also be applied to a different mode of coaching, such as life coaching or relationship coaching.
4. In the case of group coaching, the terms and conditions may be revised according to group agreement.

Investment:

Coaching Fees: \$60 per 1 hr weekly session; Payment is collected in full for \$1440, or weekly for 3 sessions at \$180 by cash, check or credit card via PayPal account (Stark Wellness, jenniferstarkcandc@gmail.com). Insurance is not accepted. A statement of appointments and payments is available upon request. Returned checks will be assessed an additional \$30 fee.

Participant's signature _____ Date: _____

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