

**F.I.T.**  
Focused  
Individualized  
Technique Based  
**PERSONAL TRAINING**

**Policies and General Information**

It is necessary for success in your fitness programme to have consistent training and guidelines. Before we get started, you will need to agree to the following general policies.

**Policies**

1. Training sessions are scheduled on an appointment basis. All new clients will be required to complete *all* necessary forms prior to starting. Personal training/coaching and Holistic Lifestyle clients will be given an initial assessment/evaluation.

Initial  
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2. Initial meeting will consist of an in-depth medical history, physical assessment & completion of forms: Medical History, Liability Release Waiver, Consent for Guided Exercise, and Policy information.

If necessary, a release form and a Medical Release will be required prior to beginning.

**ALL** forms must be signed and cleared before any training can begin.

Initial  
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3. Payments are due on the first session of each new month or training renewal unless other arrangements have been made. Resigning for training sessions will begin with a review of previous goals, setting new goals, and a general overview of programme progressions.

Initial  
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4. Cancellation of an appointment must be made **12 hours** in advance of a scheduled appointment/session. Cancellations made less than the designated **12 hour** notice will be charged in full the cost of the training session/consultation.

Initial  
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5. No-Show. Not showing up for a scheduled appointment will be charged the full cost of the training session/consultation. Accounts that are delinquent on the *cancellation and no-show* policies must be paid prior to further fitness training. Abuse of this policy is awkward for both the client and trainer. Please let's enjoy a mutual respect for each other's time.

Initial  
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6. No pets! For safety reasons. No exceptions.

Initial  
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***Congratulations on your commitment and devotion to your health!***

By signing below, you understand and agree to all the above policies set forth by Katie McCarthy and F.I.T. Personal Training. Thank you.

Client Signature

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Date

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**Katie McCarthy**

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