



Client Self-Contract Participation Agreement

I, the client, understand and agree to the following:

- a. I will make my training sessions a priority in my life.
- b. I will exercise a minimum of _____ times a week.
- c. I understand that I may be asked to perform additional exercises on my own.
- d. I understand that I may be asked to modify or change my eating habits.
- e. I understand that I may be asked to make lifestyle changes in keeping with my commitment to lead a healthy lifestyle.
- f. I understand that ultimately I am responsible for obtaining my goals and that what I do outside of my personal training sessions can affect my overall health and fitness.
- g. I understand and agree that I am worth the effort it will require to lead a happy and healthy lifestyle.

Date: _____

Signed by: _____

Witness (Trainer): _____