



**Fitness That Works, Inc.**

***Clients 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 per 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.

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): \_\_\_\_\_