



Fitness + Wellness Client/Coach Contract

I, _____, agree to all of the following:

- A. Complete all necessary forms and return prior to first session.
- B. Fulfill my time commitment beginning on _____ and ending on _____.
- C. Fulfill my financial commitment in the amount of _____ to be paid in advance and/or on the first session.
- D. Give 24 hours notice for cancellations, and if not, I understand I will forfeit that session.

Date _____ Client Initial _____