Personal Training Agreement

Template for personal trainers and online coaches · trainblock.app

> How to use this template: replace every [bracketed] field, delete clauses you don't use, and have a lawyer licensed in your state review it before you rely on it. This is a starting point, not legal advice. Automatic-renewal, cancellation and liability rules differ by state and country.

Coach / business	[Name, business name, address, email]
Client	[Name, address, email, phone]
Emergency contact	[Name, relationship, phone]
Start date	[Date]
Service	[Online coaching / in-person training / hybrid]
Price	[$ amount] per [month / session pack], billed on [day of month / in advance]

1. Services

The Coach will provide: [a personalized training program updated every [4] weeks; nutrition targets and habit coaching; a weekly check-in with a reply within [1] business day; messaging support on [days/hours]; [number] live sessions per [week/month] of [60] minutes each].

Not included: medical diagnosis or treatment, physical therapy, prescribed meal plans, or supplement prescriptions. The Coach is not a medical professional [unless stated here: ____].

Sessions and check-ins take place [in person at ____ / through the coaching app / by video call].

2. Term and renewal

Monthly coaching: this agreement starts on the start date and renews automatically each month on the billing date until either party ends it under section 6. [Delete if not using automatic renewal.]

Session packs: [number] sessions, valid for [number] months from the start date. Unused sessions expire after that date [unless extended in writing].

Minimum term: [none / first [3] months]. If there is a minimum term, the cancellation rights in section 6 apply after it ends, and the client's statutory cancellation rights apply at any time.

Automatic renewal disclosure: by signing, the client confirms they understand that the price in this agreement will be charged automatically each [month] on [date] until cancelled, that they can cancel by the method in section 6 before the next billing date, and that they will receive a written confirmation of these terms. [The client initials here: ____]

3. Fees and payment

The fee is [$ amount] per [month / pack], charged by [card on file / bank transfer / app payment] on [date]. The first payment is due before the first session or program delivery.

Payments that fail will be retried [once] within [3] days. Coaching pauses if a payment is [7] days late and resumes when the balance is paid.

Price changes take effect only after [30] days' written notice, and never during a prepaid period. The client may cancel before the new price applies.

Taxes: [included / added at the applicable rate].

4. Scheduling, cancellations and no-shows

Live sessions are booked [through the app / by message] and confirmed by the Coach.

The client may cancel or move a session free of charge with at least [24] hours' notice. With less notice, or if the client does not attend, the session counts as used [or a fee of $____ applies], except in an emergency or illness, which the Coach will consider case by case.

If the Coach cancels with less than [24] hours' notice, the client receives a replacement session at no charge.

Sessions start and end at the booked time. Late arrival shortens the session; it does not extend it.

5. Pausing coaching

The client may pause monthly coaching once per [6] months for [1 to 4] weeks with [7] days' written notice. Billing stops during the pause and resumes automatically when it ends. Session-pack expiry dates extend by the length of the pause.

6. Ending this agreement

Either party may end this agreement with written notice before the next billing date. The client can cancel by the same method used to sign up, including [email to ____ / the cancel option in the app / this form]. The Coach will confirm the cancellation in writing within [2] business days and will not add conditions or delays.

Refunds: the current month is not refunded once it has started [unless the Coach ends the agreement]. Unused prepaid months and unused sessions from a pack are refunded [in full / less a [10]% administration fee] within [10] business days.

Statutory rights: where state or national law gives the client a cooling-off period, a right to cancel for relocation, disability or death, or any other cancellation right, those rights apply in addition to this section.

The Coach may end this agreement immediately if the client behaves abusively, repeatedly ignores health or safety guidance, or does not pay. Prepaid, undelivered coaching is refunded.

7. Health screening and the client's responsibilities

Before training starts, the client completes the current PAR-Q+ questionnaire and tells the Coach about any medical condition, injury, medication or pregnancy that may affect exercise or nutrition. The client updates the Coach when any of these change.

If the PAR-Q+ or a health professional recommends medical clearance, the client obtains it before starting or continuing intense training.

The client agrees to stop and tell the Coach if they feel pain, dizziness, chest discomfort or unusual shortness of breath, to use equipment as instructed, and to follow the program as written or discuss changes first.

8. Assumption of risk and release

Exercise carries a risk of injury, including muscle strains, joint injuries and, rarely, serious events such as heart problems. The client confirms they understand these risks and take part voluntarily.

To the extent permitted by law, the client releases the Coach from claims for injury or loss arising from the client's participation, except where caused by the Coach's gross negligence or willful misconduct, and except for any liability that cannot be excluded by law.

[Some states limit or do not enforce releases of this kind. Have this clause checked for your state.]

9. Results

Results depend on the client's effort, consistency, health and factors outside the Coach's control. The Coach does not guarantee any specific result, including weight loss, strength gains or body composition changes.

10. Communication

The Coach responds to messages within [1] business day during [hours, time zone]. Messaging is for coaching questions, not emergencies. In an emergency the client contacts local emergency services.

11. Privacy, data and photos

The Coach keeps the client's health information, measurements, photos and messages confidential and stores them [in the coaching app / securely], and shares them only with the client's consent or where the law requires.

Progress photos are optional. They are used only for coaching. Any use of the client's photos, name or results in marketing or testimonials requires a separate written consent that the client may withdraw at any time.

On request, the Coach deletes the client's data within [30] days of the agreement ending, except records the Coach must keep for tax or legal reasons.

12. Programs and materials

Programs, videos and documents the Coach provides are for the client's personal use and may not be shared, resold or published.

13. Changes to this agreement

Changes to these terms take effect only after [30] days' written notice. Material changes, including price, require the client's renewed consent or give the client the right to cancel before they apply.

14. Governing law and disputes

This agreement is governed by the laws of [state / country]. The parties will try to resolve any dispute by talking first, then by [mediation] before any court action. [Delete or adapt to your jurisdiction.]

15. Signatures

By signing, each party confirms they have read and agree to this agreement. The client confirms they received a copy of these terms.

Client: _____ Date: _____

Coach: _____ Date: _____

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