



CONTRACT & CONDITIONS: Please read before signing

Congratulations on your decision to take your health and fitness to the next level! Your goals are of great importance to me and based off of over a decade of training and coaching experience, we will achieve what you set out to accomplish most effectively if you can maintain one very important variable: *consistency*.

With any training regimen, there are risks, including increased heart stress and the chance of musculoskeletal injuries. In participating in this program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program.

By signing below, you accept full responsibility for your own health and well-being *and* you acknowledge an understanding that no responsibility is assumed by Make Yourself LLC.

Participants name (print clearly)	Participants signature	Date
Parent/guardian's name (if needed)	Parent/guardian's signature	Date

REMOTE COACHING TIERS & RATES

Please select which tier of programming you have purchased.

TIER FIVE: Online Programming – Digital Instruction with Every Workout

TIER FOUR: Online Programming – One Digital Check In Every Week

TIER THREE: Online Programming – One Digital Check In Every Two Weeks

TIER TWO: Online Programming – One Digital Check In Every Month

TIER ONE: Online Programming Only

Options are based on month long commitments. Change does not happen from one or two workouts, it is with consistent action repeated over time that you will achieve what you initially set out to do; therefore, I ask that you make this investment in yourself from day one. When you set out with this intention, you will not only see the results you want, but I can better pour myself into *developing the best plan* for you to smash your goals.

WHAT YOU CAN EXPECT: Enrollment Process

Intake – Consultation – Programming – How to Access – Submission Deadlines

Intake

After purchase of your program, you will be directed to fill out a series of questions pertaining to physical activity, nutrition, health history, your “why”, your lifestyle and mindset. These questions are for you to gain a better understanding of yourself and for me to get to know you.

Here’s a quick link to these forms:

[Enrollment Forms](#)

Consultation

After completing the enrollment forms, please allow up to 72 hours for me to review them and draft a program outline for you. Within this time, we will schedule a call via your preferred method of communication to discuss your answers and the program draft I have for you. This call should take no more than 30 minutes.

Programming

This is the best part! Your program will be individually tailored to your goals, the space and equipment you have available to you, and the time we anticipate working together. It will be accessible via Google Sheets so that you can record requested information such as workout scores, times, weights, how you were feeling that day, and any additional comments. You will be able to access your workouts and ask me questions as long as your membership is active.

Here is a quick link to the example form:

[Program Example](#)

How to Access

When we have our consultation call, I will give you the link to your program so that we can look over it in real time and make sure all of your questions and concerns are addressed.

Weekly Check In Submission Deadlines

When working with me in the Tier One, Two, or Three programs, I expect you to record requested workout information and provide me a small write up on how the week went at the end of every week. These can be sent via email, text, or at the bottom of your training week. This does not apply to Tier Four or Five programs, as we will be checking in frequently enough

that you don't need to do this. This is not only to promote adherence to your program, but communication from you is key for me to design and adapt your plan.

TERMS & CONDITIONS

Please initial next to the following terms & conditions and sign and date at the bottom to demonstrate your understanding.

SCHEDULING & CANCELATIONS

1. If you miss your initial consultation call, we will need to reschedule in order to begin your program. The first reschedule is free, any additional reschedules will cost \$10.
2. If you miss any scheduled workout sessions or weekly check ins, the first reschedule is free, but then you will incur a \$10 fine for each additional reschedule or you will lose that session for the week if no reschedule date is communicated within 48 hours.
3. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.

EXPIRATION OF SESSIONS & REFUNDS

1. You will have a one week grace period after the end of your training month to catch up on any missed workouts to make sure you get your full four weeks in.
2. You will not receive your next week of programming until you have submitted your weekly check in.
3. No refunds will be issued once paid for **unless there are serious and extenuating circumstances**, which will be determined by the trainer.

By signing below, I agree to the terms and conditions of my remote coaching program and/or sessions with Make Yourself LLC and understand that failure to meet any of these conditions or violations of the contract may result in termination of working together. The agreement is effective as of the date written below.

_____	_____	_____
Participants name	Signature	Date
_____	_____	_____
Parent/guardian's Name	Signature (if needed)	Date