

Coaching Agreement

Make It Happen Shock Everyone

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

DESCRIBE YOUR GOAL: *ex Lose weight, gain endurance..* _____

HEALTH CONDITIONS: _____

CURRENT ACTIVITY LEVEL: _____

SESSIONS PER WEEK

Fees: Sessions are booked in packages of five at \$100.00 Payment is due prior to the first session

MON TIME _____ TUES TIME _____ WED TIME _____ THURS TIME _____ FRI TIME _____

Client agrees that it is the Client's responsibility to notify the Coach ____ (number of) hours in advance of the scheduled calls/meetings. Coach reserves the right to bill Client for a missed meeting. Coach will attempt in good faith to reschedule the missed meeting

COACHES RESPONSIBILITY

Provide tools to the client to help reach their specific goals.

Be respectful

Hold all client sessions in confidence

Build a positive and trusting relationship with customers

Provide a safe environment and monitor your progress

CLIENT RESPONSIBILITY

Hold myself accountable outside of my sessions

Utilize the tools provided to me to help reach my goals

Be respectful

Be open minded and honest about my barriers

Arrive on time and ready to kick ass

The Parties hereby agree to the terms and conditions set forth in this Contract and such is demonstrated throughout their signatures below:

Coach: _____

Client: _____