

training agreement.

Start the coaching relationship with clear expectations. Agree on the services, payment, cancellations and responsibilities, then keep a signed copy each.

Template for adult clients. Complete each blank or mark it not applicable before signing. This is a general starting point, not legal advice. Have a qualified local professional review it for your services and jurisdiction.

the trainer and client

Trainer / business legal name

Client legal name

Trainer business address and email

Client address and email

Agreement date

Training start date

the services

The trainer will provide the services recorded below, with reasonable care and within their qualifications. Goals and progress will be reviewed with the client. Individual results vary and are not guaranteed.

Training format and location (in person / online / hybrid)

Package, number of sessions and session length

Between-session support and response times

End date or review date

General template for adult clients. Review locally before use. Deload is not a party.

training agreement.

fees and payment

The client agrees to the fees and payment dates below. Additional services or charges require both parties' written agreement. This agreement does not authorize automatic renewal or recurring card charges; any such arrangement requires separate agreement and legally required disclosures and consent.

Total fee and currency, including applicable taxes

Payment schedule, due dates and payment method

Other agreed charges and session expiry, if any

bookings and cancellations

Use the contact details above, or another recorded channel agreed by both parties, to book, reschedule or cancel. Late arrivals may shorten the session. The agreed charges below apply only to the extent permitted by law. If the trainer cancels, the client may choose a replacement session or a refund for that session.

Notice to cancel or reschedule (hours)

Late-cancellation or missed-session charge, if any

training agreement.

ending the agreement

Either party may end the services by written notice using the period below, subject to any right to cancel sooner under applicable law. The trainer may pause a session if continuing would be unsafe and will explain the next step to the client.

When services end, the trainer will refund prepaid amounts for services not supplied, deducting only any lawful cancellation charge expressly agreed above. The trainer will provide an itemized calculation. Mandatory cancellation and refund rights take priority over these terms.

Notice to end services (days)

Refund timing and payment method

care, communication and privacy

The client agrees to share relevant training limitations and changes in health, follow reasonable safety instructions, and tell the trainer about pain, dizziness or other concerns. Stop exercising if unwell and seek appropriate medical help. The trainer will refer matters outside their professional scope to an appropriate qualified professional. Complete health screening and any necessary clearance or consent separately.

Physical activity carries risks, including injury. Both parties agree to take reasonable precautions. This service agreement is not a liability waiver and does not release either party from responsibility imposed by law.

The trainer will use client information to provide the agreed services and handle it in accordance with applicable privacy law and the notice identified below. Permission to use client photographs, testimonials or results for marketing must be obtained separately.

Trainer privacy notice or agreed data-handling summary

training agreement.

review and signatures

This completed document and any attachments listed below record the agreed services and terms. Changes must be agreed by both parties in writing. The client confirms they are of legal age to enter this agreement. Local mandatory consumer rights remain unaffected, regardless of the governing law stated below.

Governing law (country and state / province / region)

Additional terms or attached documents agreed by both parties

Both parties confirm they have read and understood the completed agreement, had the opportunity to ask questions and agree to its terms. Sign by hand or through an agreed signing process, and keep a copy each.

Client signature

Client signing date

Trainer / authorized business representative signature

Trainer signing date