



## Client Declaration

1. I understand that Hannah Walker (The Trainer) operates on a pre-pay basis. All sessions must be paid for in advance via standing or D/D as agreed verbally in the consultation. Bookings will not be confirmed until the trainer has received payment. All sessions are non-refundable.
2. I understand that I must contact my trainer directly to cancel or change booked sessions (even a free consultation) Failure to contact the trainer directly and give at least 24 hours' notice, will incur the full session charge.
3. I understand never cancel on each other! We only reschedule, making sure you are always on track with your goals. If the situation arises where an appointment cannot be made we will offer a minimum of 2 reschedule appointments in that week. If they cannot be made they have to be scheduled within the next month or the session will be lost.
4. I understand that my training programme will last at least 3 months (90 days) and will finish on the \_\_\_\_\_. Monthly payments will need to continue until this date. Sessions may continue after this date if agreed with the trainer.
5. I understand that my answers to the questions outlined in the PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PARQ) are true and complete to the best of my knowledge. I understand and agree that it is my responsibility to inform my Trainer of the conditions or changes in my health, now and on-going, which might affect my ability to exercise safely and with minimal risk of injury.
6. I understand that there are inherent risks in participating in an intense training programme, if I sustain any injury while participating in my programme I acknowledge that my trainer may not be held responsible, unless in the case of gross negligence or intentional acts of my trainer.

7. I understand that if I am late to sessions, the time cannot be added on to the scheduled session time (1 hour) I understand that in the rare case my trainer is late, the session time will be extended.
  
8. I understand that I need to attend sessions in a positive frame of mind and complete exercises to the best of my ability. Failure to do this will directly affect my progress and results of my programme.
  
9. I understand that the results of my programme are only guaranteed if I complete everything that is set in my training programme (including nutrition). I understand that if I do not complete the set tasks in my own time, I will not achieve the desired results.
  
10. I understand that in the unlikely event my trainer is unable to continue with pre-paid sessions. I will be entitled to a full refund for the amount of sessions purchased.
  
11. I understand that Hannah Walker is a self-employed, independent, freelance Personal Trainer. I understand that this institutes a contract with Hannah Walker. I agree to the above terms and conditions, for the duration of my training with Hannah Walker Personal Trainer.

Clients Signature: \_\_\_\_\_

Client Print: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_

Trainer Print: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

