



Client Commitment Form

1. X Factor Fitness Solutions **does not “guarantee” results**, because there is no guarantee that the client will do the work. What we do guarantee is that **if you follow the customized program designed for you**, which will include a combination of cardiovascular training, resistance training, flexibility training, sound nutrition principles (which may or may not include supplementation), and other personalized recommendations (such as adequate hydration, stress reduction strategies, etc.) you will get results.

X _____

(Client Signature)

2. In order for you to get the results that you want, you have to show up for your appointments and work hard. Part of our job as fitness professionals is to hold you accountable in complying with your lifestyle change. X Factor does understand that “things happen” and the occasional “emergency” will occur and will take those instances into consideration on an occurrence-by-occurrence basis, but **a 24-notice is required when canceling a scheduled session with your trainer. Failure to notify your trainer 24 hours prior to your session will cost the agreed amount per session.**

X _____

(Client Signature)

3. In addition to showing up and doing the work, X Factor Fitness Solutions expects you as a client to ask questions, apply the things you learn at home, and incorporate your new skills into your life. Personal training is a day-to-day process, but it is also a journey that shouldn't be seen as having a start or an end, it should be seen as something that becomes a way of being. We are here to provide knowledge, guidance and support. Once you become a client at X Factor Fitness Solutions, you are always a client of X Factor. Enjoy the journey.

X _____

(Client Signature)

(Date)

X _____

(Trainer Signature)

(Date)