

Personal Training Goals and Expectations

Describe your expectations for your time invested with the Personal Training program at Mind Body Works.

List any physical endeavors which you hope or plan to undertake. (marathons, wedding, pregnancy, etc.).

Note any barriers to achieving your fitness goals.

Rules and Regulations

I understand and agree that I will always follow the instructions that I am given by my instructor. I will not handle equipment or exercise in the studio unless I am accompanied by my instructor.

Party Signature

Date

Patient/Responsible
