



## Program Agreement

The structure of our package programs allow for a person to achieve excellent results in a cost effective manner. To ensure the success of these programs it's very important for the client to understand his/her role.

First, the client needs to schedule every appointment. This allows us to control the flow of business making everyone's workout efficient. If you need to cancel please call no later than 8:00 PM the day before your scheduled appointment. Canceled appointments must be made up with-in 7 days of the cancellation. Late cancellations and no-shows will cause you to be assessed for that visit. (We do not charge clients for emergency cancellations.)

Clients should wear proper workout attire, and must recognize the diversity in clientele and demonstrate courtesy and politeness at all times.

Next, clients should have a high level of independency. Following at least 2 individualized sessions you will need to be able to duplicate (and notate) the exercise program developed for you appropriately. Compliancy of home programs is also crucial to your success. This can include a nutrition plan, cardiovascular schedule and or flexibility routine prescribed by a FitLife employee.

Finally, a minimum of 2 visits per week is required with 3 visits a week being optimal. This means that the client must complete all visits and the re-test in no more than 6 weeks. Failure to complete these sessions will mean forfeiting the remainder of the visits included in the package. All visits are non-transferable.

I \_\_\_\_\_, have read, understand and agree completely with the terms included in the Package Program Agreement of FitLife Health Systems. These program packages include LifeStyle Management, Functional Training and Sports Performance (PASS).

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

FitLife Health Systems  
Representative: \_\_\_\_\_ Date: \_\_\_\_\_