

Life/Health Coaching & Training Agreement

Ageless IDEAS
Butler, PA



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Names (print)

1) _____ 2) _____

Address _____

Phone _____ Trainer/Coach _____

INDIVIDUAL PERSONAL TRAINING COUPLES PERSONAL TRAINING (Add 25% to fee)

INITIAL PERSONAL TRAINING ASSESSMENT COMPREHENSIVE HEALTH/LIFE COACHING

SERVICES and TERMS For the period

___/___/___ to ___/___/___

or

Individual sessions scheduled separately

Service _____

Sessions _____

Notes _____

Total due

Via: Check or cash Electronic

Service/Program	Fee
Initial Interview Personal Training or Comprehensive Health/Life Coaching (Phone or live video)	No fee
Initial Assessment for Personal Training (90 - 120 minutes + written report)	\$200
Personal Training (60 minutes; face-to-face sessions)	Single sessions: \$150 10 sessions: \$1,250
Personal Training (Virtual) (60 minutes; sessions by live video)	Single sessions: \$100 10 sessions: \$800
Comprehensive Health/Life Coaching	Single sessions: \$100 10 sessions: \$800

All sessions noted in this agreement must be completed within a 365 day (12 month) period. Remaining unused sessions are lost without remuneration to the client.

Client signature or electronic

Client signature or electronic

Ageless IDEAS representative _____ Date ___/___/___