

Goal Attainment Agreement

One free session will be awarded to the client if they reach a physical fitness goal that they have agreed upon with the trainer. The goal attainment agreement can only be used once every three months. The client must train at least 2 times per week with the trainer, unless otherwise agreed upon with the trainer.

Goal: _____

Client _____ Date _____

Trainer _____ Date _____

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

Week 5 _____

Week 6 _____

Week 7 _____

Week 8 _____