

m & mXtreme Training for Xtreme Results

PERSONAL ON-LINE TRAINING AGREEMENT

Client Name _____ Trainer Name _____

Address _____ City/State/Zip _____

Phone _____ Email _____

Note: Cancellation Policy

The client must cancel the session by phone or email, 24 hours prior to the session or they will be charged.

Sessions must be used within 3 months of purchase unless other arrangements have been made with the trainer. If the Client wishes to terminate the contract prior to sessions being completed, he or she may transfer the remaining sessions to another Client to redeem. If the Client becomes sick; a doctor's note should accompany the request to cancel the session. If the Client is scheduled for travel, business or scheduled vacations, the sessions can be frozen for up to 3 months.

The following offerings/pricing is available through m&mXtreme Training. Check all that apply:

PT Package/Sessions: _____ 1 hr. _____ ½ hr. _____ Partner

Price Per Session:

_____ \$70 (60 min) _____ \$50 (45 min) _____ \$35 (30 min)

Installation Plan for Purchases:

_____ Session by Session

_____ \$35 for ½ hour _____ \$50 for 45 min _____ \$70 for 1 hour

_____ Weekly (Choose the following weekly rate)

1x per week ½ hr. = \$35 2x per week ½ hr. = \$70 3x per week ½ hr. = \$105

1x per week 1 hr. = \$70 2x per week 1 hr. = \$140 3x per week 1 hr. = \$210

On-Line Training Packages (Paid in Full)

12 x ½ hr. Sessions (\$32) = \$384 24 x ½ hr. Sessions (\$30) = \$720

12 x 45 min Sessions (\$42) = \$504 24 x 45 min Sessions (\$40) = \$960

12 x 1 hr. Sessions (\$65) = \$780 24 x 1 hr. Sessions (\$60) = \$1,440

m & mXtreme Training for Xtreme Results

Individual Programs Offered: (Recommended to change every 4 weeks if you choose a non 12-week program option.

- 12 Week including 3 Exercise Programs and 3 Nutrition Plans, every 4 Weeks (\$450)
- 1 Exercise Program (\$120)
- 1 Nutrition Plan (\$120)
- 1 Exercise and Nutrition Plan (\$200)

Program purchased today: _____ Total Cost for Programs: _____

___ Sessions purchased today = ___ (any discount for referral) = ___ Total Paid Today ___

Payment Information: Check # or Credit Card # _____

Client Signature _____ Date _____

Trainer Signature _____ Date _____