

# FREE Fitness Consultation

at Better Forever Training, LLC

**NEW: Free 60 minute fitness consultation!** During this complimentary session, we will get to know each other and we will chat about your health & wellness goals. We will also touch on those road blocks that have prevented or slowed down your progress to reaching those goals. By exploring where you are now on your wellness journey, we can tap into where you want to go and how you'd like to get there!

## Terms and Conditions

1. Services Provided Better Forever Training agrees to provide one complimentary fitness consultation to Client. Consultation may include any/all of the following: online coaching, small group classes, fitness nutrition, and/or other fitness-related services as described in the agreement. 2. Fees and Payment The Client agrees that a complimentary fitness consultation is not a contract for or guarantees a contract for ongoing services. Should Client and Better Forever Training, LLC enter into an agree for ongoing one-on-one personal training or small group classes, a new contract will be issued outlining terms and conditions for fees and payment. 3. Cancellation and Rescheduling The Client agrees to provide at least 24 hoursâ€™ notice if they need to cancel or reschedule a session. Cancellations made without the required notice may result in forfeiture of the session. Rescheduling is subject to availability. 4. Health and Safety The Client confirms they are physically and mentally capable of participating in fitness activities. The Client agrees to consult with a physician before starting a new fitness program and assumes full responsibility for any medical issues that may arise from participation. Better Forever Training is not responsible for diagnosing or treating any medical conditions. 5. Liability Waiver The Client understands that participating in fitness activities carries inherent risks, including but not limited to physical injury. By signing this Contract, the Client agrees to release Better Forever Training from any liability related to injuries, health issues, or property damage that may result from participation. 6. Confidentiality Better Forever Training agrees to keep the Clientâ€™s personal information, health data, and any other sensitive information confidential and will not disclose this information to third parties without the Clientâ€™s prior written consent. 7. Code of Conduct Both parties agree to maintain professionalism, respect, and clear communication. The Client agrees to follow Better Forever Training's guidelines, adhere to safety protocols, and behave respectfully toward other clients and staff.

**Exp: December 31, 2025**

**Offer Code: LETSCHAT**