



Painted Lady Fitness

Ashley Silversides

Certified Personal Trainer, Yoga Teacher &
Tattoo Artist Wellness

SCOPE OF SERVICES

Painted Lady Fitness agrees to provide the following services and terms for Client:

- Educate clients on the benefits of regular exercise and maintaining a healthy lifestyle
- Do a thorough pre-screening of client's current/past health history and lifestyle
- Provide an individualized exercise prescription based on pre-screening
- Identify and prioritize realistic fitness goals and track results
- Motivate and inspire clients to help them achieve fitness goals
- Adapt and change your personalized exercise program when you need to prevent plateaus
- Provide a social support system for clients
- Respect the time commitment and make workouts, safe, affective, efficient and enjoyable
- Be honest and trustworthy. Confidentiality is key!

Client agrees to provide the following services and terms for Painted Lady Fitness:

- Provide accurate and truthful information in pre-screening and throughout the course of training
- Focus and a firm commitment to the exercise program agreed upon by both client and trainer.
- Implement proper nutrition throughout your day-to-day lifestyle.
- A willingness to be honest with yourself and change any lifestyle habits that might inhibit your overall success.
- Financial commitment honoured; meaning first/last month fees are paid before training begins and subsequently at the end of each month.

Program Start Date:

Program End Date:

Trainer Signature:

Client Signature:

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paintedladyfitness@gmail.com