



Fortis Fitness Inc. Personal Training agreement

Club Location:
276 Carlaw Avenue, #101
Toronto, Ontario, M4M 3L1
416 465 4777 info@fortisfitness.ca

Member ID# - (Gym access card #) _____ First name _____ Last name _____ Middle initial _____

Street address _____ City _____ Province _____ Postal code _____

(_____) _____ work home cell (_____) _____ work home cell

Primary phone number _____ Secondary phone number _____

Email address _____

Health Information & History

Height _____ Age _____ Weight _____ (current) Weight _____ (1 yr. ago)

Indicate any diseases, conditions or illnesses you have had or currently have

Supplemental Health Information (if available)

Resting heart rate _____ Blood pressure rate _____ Body fat % _____ Body mass index (BMI) _____

Body part	Measurement in inches
Back & chest	
Upper middle arm	
Waist	
Hips	
Upper middle leg/thigh	
Lower middle leg/calf	

Fitness History

Have you participated in a fitness program before? If yes, please describe

Have you exercised in the past 6 months? (circle one) YES NO

If YES, how intense? Light (1x/wk) Moderate(2-3x/wk) Heavy (5-6x/week)

Type of exercise

On a scale of 1-10, how would you rate your present fitness level (1=Worst 10=Best)? _____

Goals

Please select areas you wish to improve

- Aerobic Endurance Muscular Endurance Flexibility Speed Reflexes
 Strength/Power Balance & Coordination Eating Habits Physique Posture
 Decrease Body Fat Weight Loss Weight Gain Back Problem Self-esteem
 Increase Muscle Size Injury Rehabilitation Specific sport ability Job ability Reduce Blood Pressure

Other(specify): _____

Please list in order of priority, the fitness goals you would like to achieve in the next 3-12 months?

- 1) _____
2) _____
3) _____

Commitment

How committed are you to achieving your fitness goals? Very Semi Not very

What do you think the most important thing your Personal Trainer can do to help you achieve your fitness goals?

Obstacles

Outline what you feel are the obstacles or your potential actions, behaviors or activities that could impede your progress towards accomplishing your goals (i.e. not training consistently, upcoming vacation, busy at work, not following the program, allowing other responsibilities to become a priority over exercise etc.)

Nutrition Related Questions

Are you dieting (circle one) YES NO If yes, what type of diet: _____

Please describe your current eating habits:

Packs cigarettes smoked/week _____ Alcoholic drinks consumed/week _____

Times fast food consumed/week _____ Cans cola/soda pop consumed/day _____

1) On a scale of 1-10, how would you rate your Nutrition (1=very poor 10=excellent)? _____

2) How many times a day do you usually eat (including snacks)? _____

3) Do you skip meals? (circle one) YES NO 4) Do you eat breakfast? (circle one) YES NO

4) Do you eat meat? (circle one) YES NO

5) At work or school, do you usually Eat out Bring food If so how many times per wk? _____

Food Diary

Please fill out this diary with as much detail and accuracy as possible. Also indicate the times when you eat.

Weekday	Day 1	Day 2	Day 3
Breakfast			
Mid morning snack			
Lunch			
Mid afternoon snack			
Dinner			
After dinner snack			
Total estimated calories			

Weekend	Sat	Sun
Breakfast		
Mid morning snack		
Lunch		
Mid afternoon snack		
Dinner		
After dinner snack		
Total estimated calories		

Average estimated daily caloric intake _____ Average estimated daily caloric expenditure _____

Average estimated daily caloric surplus/deficit _____ Monthly projection _____ Yearly projection _____

Terms and Conditions

DEFINED TERMS – In this agreement, “Club Owner” means Fortis Fitness Inc., operating as “Fortis Fitness”. “Companies” means collectively Club Owner, and/or any of their respective directors, officers, shareholders, owners, employees, agents, trainers, contractors, franchisees, successors and assigns (collectively the “Companies”). “Club Location” and “Club Facilities” and “Facilities” mean jointly and severally the club located at the address set out under “Club Location” at the top right of the first page of this agreement. “You”, and “Member” and “He/She” means jointly and severally, the person whose name appears beside the Member ID# on page 1 of this agreement.

ASSUMPTION OF RISK AND INJURY AND ACKNOWLEDGEMENT REGARDING POTENTIAL LIABILITY – The Member expressly acknowledges that He/She will be engaging in physical exercise while attending the Club Location and using the Facilities which could cause injury to the Member. The Member hereby states that He/She is and will be voluntarily participating in these activities and the Member hereby assumes all risks of injury which may result from these activities. Member acknowledges that fitness and other physical activities are inherently dangerous, and that there are potential risks, including health risks and risks of bodily injury and death, connected with any fitness and physical activity. By signing this agreement the Member knowingly and voluntarily assumes all risks of liability, loss, illness, death, injury and other damage of any kind whatsoever caused, directly or indirectly, arising out of, resulting from or in any way associated with any use of the Facilities and/or participation in any activities, by the Member, in, at or about the Club Location, the property on which the Club Location is situated, any property or any event sponsored by Club Owner. Member hereby irrevocably and unconditionally waives any and all rights that the Member had, has or may have to any and all damages, rights, entitlements, or other relief of any kind, in law or in equity, against Club Owner, and/or the Companies as a result of anything, directly or indirectly, arising out of, resulting from or in any way associated with any fitness activity. Member agrees that the Companies shall not be held responsible or liable for any lost, stolen, or damaged personal property.

MEDICAL AND FIRST AID – The Member has been advised by Club Owner that Member should consult a qualified physician before engaging in any Fitness Activity. Member agrees to ensure that He/She is not subject to any illness, problems or conditions, medical or otherwise, which would make the undertaking of any fitness activity dangerous, hazardous or otherwise harmful to the Member’s health and well-being and Member knowingly and voluntarily assumes any and all risks and liabilities in relation to same. Member agrees to immediately notify the Club Owner if He/She experiences any pain, nausea, or other discomfort during or after any fitness activity. Member agrees that, in case of an emergency, Club Owner, or their respective employee(s), contractor(s) or agent(s) may, at Member’s cost and expense, render first aid treatment and/or arrange for emergency medical care to the Member and Member hereby authorizes same; but nothing in this agreement shall obligate the Club Owner, and/or their respective employee(s), contractor(s) or agent(s) to render such treatment or care.

RELEASE – By signing this agreement, Member hereby irrevocably and unconditionally fully releases and forever discharges the Companies from any and all claims, actions or other proceedings of every kind and nature for any loss, injury, illness, death, damage and/or liability whatsoever of every nature and kind, in law or in equity, whether now known, anticipated or otherwise, which any Member had, has or may have against any of the Companies, directly or indirectly, arising out of, resulting from, or in any way associated with any personal training or fitness activity.

EXPIRATION – All training sessions will expire as of the earlier of the end of either of the following two terms, 1) 12 months from the date of purchase, or 2) the expiration of Member’s regular membership with Fortis Fitness Inc. The Member must use up their personal training sessions within the time period dictated by the end of the lesser of either of the two terms. The Member will forfeit any remaining, unused training sessions after the aforementioned lesser term expires.

CANCELLATIONS – In the event a Member fails to attend a training session as scheduled, the Member will forfeit that session and not be permitted to re-schedule that session unless notice was given to the trainer at least 24 hours in advance.

This agreement is agreed to by the Club Owner and the Member who has signed this agreement below on the _____ day of _____, 20____

By signing below Member confirms that Member has read and fully understands and will abide by this agreement:

X _____
Signature of Member

X _____
Name of Member (printed)

X _____
Signature of Authorized Officer

Fortis Fitness Inc.