

Luongo Conditioning
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THE CLIENT/TRAINER CONTRACT

- 1) My fitness goals are: (in order of importance to me)
 - a) _____
 - b) _____
 - c) _____

- 2) Modifications I need to make to my present lifestyle to achieve these goals are:
 - a) _____
 - b) _____
 - c) _____

- 3) Of these modifications, I feel I can most realistically change the following:
 - a) _____
 - b) _____
 - c) _____

- 4) My possible sabotage actions/behaviors might be:

- 5) After receiving input from my trainer; my exercise program state the following guidelines:
Component/Phase: _____
Frequency: _____
Intensity: _____
Time: _____
Type: _____
Time of Day: _____
Next Contract Review Date: _____

Fees: \$ _____ per session.
*Please give 24 hours notice of cancellation.

Client Signature: _____ Parent or Guardian: _____
Trainer: _____
Signed at _____, this _____ day of _____ 2007.