**Expectations**

*I would first and foremost like to thank you for choosing to invest in me as your fitness trainer. In order to maintain a professional client relationship I have written down expectations that you can expect to receive and what I expect from you (the client).*

***What you can expect from me (the trainer)***

* *To be present, professional and on time*
* *To push you through your workouts with positive reinforcement*
* *To ensure correct form and technique is executed on every exercise*
* *To have a nutritional plan made and sent to you that is specifically tailored to you and foods you like to maintain a positive lifestyle change*
* *To have a training programme that will be made and sent to you that is specifically tailored to you and exercises that you need based on postural assessment which will take place on your first session*
* *To review your progress with photos, measurements if required, weight taking, check-ins via email/whatsapp weekly/daily if required, review of nutritional and training programme*
* *To implement changes when required to avoid any stagnant in training and to consistently keep you moving forward*
* *Total 1-1 Support, no judgement, honesty and respect from me the whole time throughout your journey*
* *Support from me and other clients alike via a closed Facebook group*

***What I expect from you (the client)***

* *To be on time, present and come with a willingness to work hard in every session*
* *Adherence to your training programme*
* *Adherence to your nutritional plan including food prepping*
* *To meet your target fitness goals we have set*
* *A willingness to be accountable for nutrition, training and total adherence to your whatsapp check ins*
* *To fill out a check in form and send to me each week to keep me updated*
* *Always communicate with me and respond to messages for further support*
* *Total honesty and respect*
* *Commitment- ensuring you turn up to all sessions and work hard away from your sessions without me*
* *Dedication- ensuring you stay prepped for the week ahead, planning and organising your week to as and when you can fit training in*
* *To communicate with me as much as possible- daily communication is recommended if you feel you need the support- don’t be shy it takes me a minute to reply*

*Client Signature:

Personal Trainer Signature: ZLROBERTS*