






Informed Consent

	Welcome to personal fitness with JB PAL
	We will help you reach your goals
	You will come to sessions with our Personal Trainer
	We will help you exercise
	We will make sure the session feel right for you



We will keep you safe



We want to hear how you are feeling



Tell us if you want things to change



There are some risks when doing exercise



You might get tired



You might feel dizzy



You might get sore muscles



You might get injured



Our sessions are made to keep you safe



Tell us if you are feeling bad or hurt



It is your job to follow the rules for safety



Go slowly and don't push yourself too much



There are lots of benefits when doing exercise



Learning new things



Getting fitter



Reach your goals



Please tell us if you are worried about anything




Please ask us any questions



We keep all your information safe



We do not share it unless you say it is okay

	I understand the benefits (good things) about exercise	
	I understand the risks (bad things) about exercise	
	I understand it is my responsibility to look after my health	
	I know it is my choice to start	
	I know I can stop if I want to	
	I know my information will be kept safe	
	If anything changes, I will tell my coach	

- ☐ Signed by client
- ☐ Signed on behalf of client (Name and relationship to client) _____

Signature:

Date:

Acknowledgement for parent/carer to read and sign on behalf of the client:

I acknowledge that the client is participating in a fitness program and should consult a doctor before engaging in physical activity if there are any concerns about their health.

I hereby release any and all coaches at JB PAL from any liability in the unlikely event of any injuries or damages that the client may sustain as a result of participation in the fitness program.

- ☐ Signed on behalf of client (Name and relationship to client) _____

Signature:

Date: