YOUR  
LOGO

**COMPANY NAME**

PERSONAL TRAINING PROPOSAL

Prepared by:

**[Client Name]**

**[Contact information]**

**[Date]**

# Introduction

Thank you for considering [Your Name/Business Name] for your personal training needs. My mission is to help clients achieve their fitness goals through customized programs, ongoing motivation, and professional guidance.  
  
This proposal outlines a personal training plan tailored to your health and wellness objectives.

# Client Goals

[Client Name] is looking to improve [fitness, strength, weight loss, endurance, flexibility, etc.] through structured personal training sessions.

# Proposed Training Plan

We propose a personalized training package that includes:  
  
- Initial assessment and goal setting  
- Customized workouts and progression planning  
- In-person or virtual training sessions  
- Nutrition guidance (if applicable)  
- Progress tracking and accountability

# Scope of Work

Our personal training services include:  
  
- Fitness assessment and baseline measurements  
- One-on-one training sessions [X] times per week  
- Tailored programming based on goals and limitations  
- Weekly progress check-ins  
- Optional support via messaging or email

# Timeline

Estimated timeline for training program duration:

|  |  |  |
| --- | --- | --- |
| Phase | Description | Estimated Date |
| Initial Assessment | Evaluate current fitness and set goals | [Start Date] |
| Training Sessions | Weekly scheduled sessions | [Ongoing] |
| Midpoint Review | Assess progress and adjust plan | [Midway Date] |
| Final Review | Compare results and next steps | [End Date] |

# Pricing

Training package pricing and options:

|  |  |  |
| --- | --- | --- |
| Package | Details | Cost |
| 4 Sessions | 1 session/week for 1 month | [Amount] |
| 8 Sessions | 2 sessions/week for 1 month | [Amount] |
| 12 Sessions | 3 sessions/week for 1 month | [Amount] |
| Custom Plan | Flexible per client's needs | [Amount] |

# About Me

[Your Name] is a certified personal trainer with [X] years of experience helping clients build healthy habits and transform their bodies.  
  
- Certifications: [NASM, ACE, ISSA, etc.]  
- Specialties: [Weight loss, muscle gain, rehab, seniors, etc.]  
- Philosophy: Fitness should be motivating, achievable, and sustainable

# Testimonials

Testimonial:  
“[Your Name] helped me get back on track with fitness. Their program was challenging, fun, and exactly what I needed.” — [Client Name]

# Terms and Conditions

Payment Terms: Packages billed monthly or in advance.  
Cancellations: 24-hour notice required for session rescheduling.  
Location: [Gym/studio/home/virtual] options available.  
Confidentiality: All personal health and fitness information is private.

# Acceptance

To begin your personal training program, please sign below.  
  
Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Name: [Client’s Printed Name]  
Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_