



Mikey Budd Movement Therapy

Private Client Health Terms & Conditions

CONFIDENTIALITY AGREEMENT

Confidentiality is central to the trust in the trainer-client relationship. Sessions are curated based on client's personal and medical information which will always be kept private by trainer. Client has permission to disclose anything they'd like to that occurred during session except for pricing/rates. Trainer agrees not to share any private information about client to others unless written or verbal permission is given.

WORKING FOR RESULTS

The Department of Health and Human Services recommends the average adult exercise a minimum of 150 minutes per week. Clients training 1-2 sessions per week understand they have not met this recommended minimum and should consider another physical activity in addition to private training with Mikey. Client also understands that while trainer is not a certified dietician, he/she may give nutrition suggestions to help client achieve desired health results. Not following exercise or diet recommendations may prolong desired results.

TARDINESS/PUNCTUALITY

Please call or text trainer if you are running late to a scheduled session. Every client is given a grace period up to 15 minutes for tardiness before the session is cancelled. Client agrees to pay full session rate, even if it has been cancelled by trainer or their hour is shortened.

CANCELLATIONS

Client must give **12 HOURS' NOTICE** for any request to cancel (call, text, email). In case of an emergency please **CALL MIKEY** and if there is no answer, leave a voicemail. Failure to do so may result in a **\$50 penalty charge**.

SCHEDULED TIMES/RESCHEDULING

Clients must give at least **12 HOURS' NOTICE** for reschedule requests and understand that other times may be limited or unavailable. Clients committed to a routine time shall give at least 2 weeks' notice for new requests and understand new desired times may not be available. Trainer will also give at least 2 weeks' notice for any schedule changes.

TIME CONSIDERATION

We start on time and end on time. Conversation during training should not distract or prolong session time. Clients will be given a brief opportunity afterwards to ask questions and address concerns regarding session however, personal discussions should be kept to a minimum. **Any session beyond 15 minutes will result in a \$35 surcharge**. Please be considerate of other clients' and trainer's schedule.

PRICING AGREEMENT

One-hour private sessions begin at \$100 each but price per client may increase depending on demands of client, group size, or travel time/distance. Therefore, I kindly ask you not to discuss your rates with other clients. Clients must pay amount due prior to or within 24



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hours of their scheduled session. Clients who train 2 or more times a week must pay all sessions by Friday each week.

INJURIES & HEALTH SAFETY

Clients agree to inform trainer of any injuries, illnesses, or notes of concern from their physicians. Client understands that exercising beyond physical limitations may result in worsened conditions and may even be fatal.

COVID-19 PRECAUTION

The protection of my clients and myself are top priority. By agreeing to work with me or any other trainer affiliated with company, you affirm that you are fully vaccinated and/or taking precautions to slow down the spread of the virus (i.e. – washing hands, sanitizing and, following mask mandates). You also agree not to participate in a session if you are feeling sick or ill.

OFFSITE COMMUNICATION

Trainer may check in with clients periodically to ensure they are doing well, keeping up with their routines or anything else related to personal training partnership. Trainer will not reach out for personal conversations or nonbusiness-related matters. Clients may reach out at any moment via email with any questions or concerns but please limit texting or calling only for professional matters or unless otherwise agreed upon.

PROFESSIONAL RELATIONSHIP

Trainer agrees to always keep relationship with client(s) professional by respecting all boundaries both personal and physical. If the trainer violates any code of conduct or demonstrates any inappropriate behavior, client is entitled to end professional relationship immediately. If a client demonstrates any behavior that does not meet professional standards, he/she may be asked to discontinue sessions and professional relationship with trainer will be terminated. Should the relationship between client/trainer evolve into anything beyond platonic, both trainer and client agree to end professional partnership immediately.

TERMINATION/ENDING PARTNERSHIP

Training may be discontinued at the discretion of either party. If trainer or client feels training is not a suitable fit or does not follow terms and conditions, he/she may terminate partnership at any moment. Clients who buy sessions in advanced will be given a refund of remaining sessions but may be limited to injury, illness or emergency. Should termination be at the discretion of trainer, for any reason, client will be given full refund of remaining sessions. Clients who have agreed to a routine schedule must give 2 weeks' notice prior to ending relationship.