

Fitness Coaching Client Communication Consent Agreement

This agreement outlines the terms and conditions for communication between the Fitness Coach and the Client. By signing this form, the Client gives consent for the Coach to communicate with them regarding coaching services, scheduling, progress, health information, and related matters.

Communication Methods

- Email
- Phone
- Text Message
- Other digital platforms (as mutually agreed)

Consent

I understand and consent to receive communication from my Fitness Coach through the channels listed above for the purposes of coaching, scheduling, feedback, and program updates.

I acknowledge that electronic communications may not be secure and confidential as those arranged in person, and I accept these risks.

I may withdraw my consent at any time by notifying my Coach in writing.

Client Name

Client Signature

Date
