



PROMISE

On this day _____, I promise to follow Darin's/fitness and body image, whole fitness program, both in the exercise facility and when I leave the workouts, in between sessions. I know I will accomplish my fitness goals if I stay focused and obey my fitness trainer, within my doctor recommendations. My fitness program goals is starting out for a period of _____ (Months/Weeks/Year)

Trainee Sign _____

Trainer Sign _____