

## AtHomeBeFIT Personal Training Guidelines and Commitment

- 1) It's easy to begin personal training with Lisa Knighton at AtHomeBeFIT, regardless of where you live! First though, download the Zoom app onto any devices. Using Zoom is how you'll meet with Lisa, your personal trainer, privately.
- 2) Next, get in touch with Lisa via email or phone to schedule your initial meeting and assessment. She'll send you a private Zoom link for you to use on the day of your meeting. During the initial meeting, she'll use methods to determine your current movement patterns and compensations. Come ready to share several of your goals with Lisa. This takes about an hour and the cost is \$200. This initial meeting is outside of any regular fitness sessions and is used to determine baseline movement so Lisa can set goals, exercises, and determine homework for you. This meeting is scheduled and completed before beginning any personalized fitness training.
- 3) Next, commit to either a 2, 3, or 4 times per week schedule with Lisa, setting aside the time to meet with her and putting it in your calendar.
- 4) Understand that you are asked to begin with either a one month commitment, or a three month commitment, or a six month commitment to your exercise training with Lisa. Prices are listed and are to be paid in full and in advance.
- 5) You agree to meet at a prescheduled time and day each week.
- 6) You've read the cancellation policy and you'll make a signed copy available to Lisa. Don't forget to make a copy for yourself.
- 7) For your homework and for use during your sessions with Lisa, it's required that you have exercise tools, or fitness toys as she calls them, handy. This is one of the fun parts! Once you've completed the initial assessment with Lisa, she'll give you a detailed list of the tools you'll need to have on hand for each personalized, private session.
- 8) The success of your training program will be built upon your participation within the private sessions, and outside the sessions, with Lisa. She gives homework in the form of exercises, and these moves are a large part of the foundation of the training program. Please make every possible effort to complete the homework each week.
- 9) Understand the homework will allow you to advance toward your training goals.
- 10) Lisa likes to re-measure and update goals regularly, and on occasion she'll use some of the hour you're together to periodically check in with you—seeing if the methods she's using are working and modifying any as needed. New goals can be set at any time, too. Just let Lisa know.