



CHRISTIANER
TRAINING REVOLUTION

CLIENT CONTRACT

You (The Client) agrees to the following terms of the Christianer Training Revolution (Personal Trainer):

Cost: All training packages must be paid in full or in monthly installments online via Paypal or credit card prior to program design. If choosing monthly installments, the first month must be paid prior to program design. Subsequent payments will be due on the same date the following month. Clients must read, commit to and electronically submit the New Client Questionnaire, Informed Consent Waiver & Release of Liability form and Client Contract before Training & Nutrition packages will be designed and implemented by the Christianer Training Revolution.

Initial Assessment: The Christianer Training Revolution has the right to decline a client upon review of the New Client Questionnaire if Christianer Training Revolution feels client is not a good fit for Christianer Training Revolution training philosophy or for an online program.

Updates & Progress: For clients that purchase online Training & IIFYM Nutrition packages, clients will receive access to their own personal training account via Christianer Training Revolution and link to a Google doc. (for macronutrient tracking) after they have been accepted as a client and have paid for their package in full. For clients who purchase a IIFYM Nutrition package ONLY, the client will only receive access to the Google doc. for tracking purposes.

For Training & IIFYM Nutrition packages, the client is responsible for submitting updated photos and measurements through www.christianertrainingrevolution.com via the internal messaging system once a month. For IIFYM Nutrition packages ONLY, macro-nutrient numbers will be submitted by the client for evaluation via the Google doc. every two weeks. If client fails to submit any of the necessary information mentioned above, then program changes cannot be made which may negatively effect the client's progress. The Christianer Training Revolution is **NOT** responsible for requesting macro-nutrient numbers, progress photos or measurements from the client.

Getting Started: The Christianer Training Revolution will provide a "Post Payment New Client Orientation 15 Minute Skype Chat with Matt" to orient the new client to the program. To schedule, clients should visit www.christianertrainingrevolution.com and click on "Speak to Matt" then proceed to fill out the contact form with name and Skype name. Click "Skype Chat with Matt Today" and then choose the option "Post Payment New Client Orientation 15 Minute Skype Chat with Matt" to choose the day/time that you would like to have your call. Matt will call you at that time at the Skype name that you have entered into the form. If you don't have a Skype account already, you will need to download Skype and set-up your account before your call.

Hours of Operation and Communication: The Christianer Training Revolution will provide support via the internal messaging system upon assignment of a new training schedule. New training schedules and macro-nutrient numbers will be provided every two weeks. If clarification of new training schedule is needed, please allow 48 hour response to your message. No messages will be answered on Sundays. For IIFYM Nutrition packages, adjustments to macros will be made directly in the Google doc. at the start of the program and every two weeks. For additional coaching with the Christianer Training Revolution, the client can purchase additional Skype sessions with Matt offered at a discounted rate for current online clients. See www.christianertrainingrevolution.com for rates.

Expiration Date: The expiration date of the client's online training package will expire exactly 3, 6, or 12 months (depending on the package you choose) from the date it was purchased online. For example, if the client purchases the The Total Transformation (12 month package) at 8/1/2016 it will expire on 8/1/2017. The Commitment (6 month package) will expire exactly 6 months from date of purchase and The Quick Fix (3 month package) will expire exactly 3 months from date of purchase.

Refunds: The client may not cancel their personal training contract or be eligible for a refund unless the client is medically released (note from your doctor).

Disclaimer: The Christianer Training Revolution is not responsible for a client's progress or success in this program. The tools will be provided for the client to reach their goals as the client has defined on the New Client Questionnaire; however, a client is responsible for their actions if they choose to not follow the training instruction provided or do not submit the required information.

I hereby affirm that I have read and fully understand the above information.