Fitness Support Agreement

_____, a client of FitNow Boot Camp, is making a personal and financial investment in his/her health by participating in an exercise and nutrition coaching program to reach their total fitness goals and needs the support and encouragement of others.

As a family member, friend, co-worker or associate, I, _____, promise to provide my total support and encouragement and not be an enabler of unhealthy behavior. I agree to the following:

- I will encourage participation in all fitness training sessions even when excuses are offered to the contrary.
- I will do my best to not schedule activities, meetings or other events that will conflict with training times or cause tardiness.
- I will not discourage them in any way from their efforts to engage in exercising or participating in fitness programs or activities.
- I will refrain from offering unhealthy and tempting food choices around the home, workplace, and/or office.
- I will not eat unhealthy foods in front of the person I am supporting.
- I will not take the person I am supporting to restaurants including buffets, fast food, or other establishments where they might be tempted by unhealthy foods at any time.
- I will remove any unhealthy snacks including candy, cookies, cake, chips, ice cream, etc… from the home or workplace… or put it out of sight to remove any temptations.
- I will agree to provide additional support and improve/maintain my health by also engaging in physical activity and eating healthier.
- If I witness this person engaging in unhealthy eating or failing to keep up with fitness activities, I will do my best to provide positive encouragement and refrain from any negative comments or actions.

I hereby enter into this agreement openly and willingly to support _____ in reaching his/her total fitness goals for as long as they continue to participate in the FitNow training program. By signing this agreement, I agree to make a good faith effort to honor this agreement at all times.

_____ _____ _____

Name **Relationship** **Date**

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