

## CLIENT COMMITMENT CONTRACT

This agreement is made between Coach Aaron & .....

### 1. Purpose of Agreement

This agreement aims to establish a structured commitment between the Coach and the Client to achieve measurable fitness improvements in aerobic and anaerobic cardiovascular conditioning, muscular endurance, strength, and nutrition. This contract serves as a tool to ensure accountability and consistent effort toward advanced-level fitness benchmarks.

### 2. Barrier Identification and Resolution Plan

Barriers — whether physical, mental, or environmental — are the most common reason people fall off track. Identifying and preparing for these obstacles is essential for long-term success. The Client agrees to complete the full Overcoming Barriers toolkit before signing this contract. This includes the self-guided Overcoming Barriers exercises, the Monthly Awareness Calendar, and the Weekly Reframing Planner. Together, these tools help the Client recognise likely challenges, track patterns over time, and build clear, personalised strategies to respond effectively and sustainably.

By signing this contract, the Client confirms they have reviewed their responses in the Overcoming Barriers exercises and are prepared to apply those strategies throughout the program.

Client acknowledgement: I understand that barriers are not an excuse for disengagement. Progress is expected to continue through adaptation and personal accountability. I have completed the exercises honestly and will use them as a tool when challenges arise.  
Signature: \_\_\_\_\_

### 3. Nutrition & Weight Management

The Client acknowledges that nutrition plays a vital role in achieving fat loss, improved performance, and long-term results. As part of the Get Rid Regime program, the Client agrees to follow a structured, layered nutrition method designed to build sustainable habits over time.

The program begins with **Whole Food Swaps** as the foundational method. The Client will progress through each of the five methods in the order outlined below, without skipping, rearranging, or selecting methods independently:

1. Whole Food Swaps
2. Portion Control
3. Mindful Eating
4. Meal Planning
5. Calorie Tracking

This fixed progression ensures that essential skills are developed at the right pace and that long-term success is prioritised over quick fixes.

The Client also agrees to track their adherence using the tools and techniques appropriate to their current method. This may include visual guides, self-reflection prompts, or digital tracking tools. Regular tracking is essential for evaluating progress and making necessary adjustments throughout the program.

#### 4. Alcohol Consumption

The Client agrees to minimise alcohol intake, understanding that excessive consumption negatively impacts fat loss, recovery, hormone balance, and training performance. As a guideline, alcohol intake should be limited to no more than two standard servings per week to support optimal results.

Client acknowledgement: I acknowledge that my results will be directly shaped by the food and drink I choose to consume. Poor nutrition and excessive alcohol will slow my fat loss, weaken my recovery, and undermine my training. I take full responsibility for what I put into my body. I will fuel myself with purpose, not convenience, and I will limit alcohol intake to support my physical performance and mental clarity.

Client Signature: \_\_\_\_\_

#### 5. Performance Objectives & Measurable Goals

The Client commits to working towards the upper-end benchmarks in the following fitness categories:

##### 1. Cardiovascular Conditioning

Assessments:

1-Mile Rockport Walk: Target: Excellent on Rockport Score Chart (for those unable to complete the 12-minute Cooper run)

12-Minute Cooper Run: Target: Stage 5 (for your age and gender) on the Cooper Run score chart

Heart Rate Recovery (HRR): Target 50+ BPM drop within 1 minute

Resting Heart Rate (RHR): Target 40-60 BPM

##### 2. Muscular Endurance & Strength

Assessments:

**Push-Up Test** (max reps) Target: Stage 5 (for your age and gender) on the Push-Ups score chart

**Sit-Ups Test** (max reps) Target: Stage 5 (for your age and gender) on the Sit-Ups score chart

**Wall Sit Test** Target: Stage 5 (for your age and gender) on the Wall-Sit score chart

**Plank Test** Target: Stage 5 on the Plank Test score chart

#### 6. Non-Exercise Activity (NEAT) Commitment

The Client acknowledges that habits outside the gym significantly impact fat loss. Prolonged sitting, low daily step counts, and inactivity lower Total Daily Energy Expenditure (TDEE), slowing progress even with regular training.

The Client agrees to maintain daily physical activity by selecting enjoyable activities that feel natural and sustainable, such as recreational sports, walking, dancing, or active commuting. If no preferred activity is available on a given day, the Client will complete a 30-minute brisk walk (approximately 3,000 steps) to support energy output and maintain progress.

Client-Selected Activities for Daily Movement:

(Write at least two preferred activities you enjoy and will commit to including in your weekly routine.)

- 1.
- 2.
- 3.
- 4.
- 5.

#### 7. Flexibility & Recovery Commitment

The Client agrees to prioritise flexibility and mobility training to reduce the risk of injury and enhance movement efficiency. This includes:

A 40-minute full-body developmental stretch every week.

Daily 15-minute maintenance stretches throughout the week.  
Ensuring proper stretches and cooldowns after intense training sessions.

## 8. Recovery & Injury Adjustments

**Rest Days:** During the initial stages of training, the client may take a maximum of 3 rest days per week. When the Client demonstrates consistent progress—such as improved performance test scores, faster recovery between sessions, and sustained workout completion without excessive fatigue—they are encouraged to voluntarily reduce rest days to 2 per week to accelerate results. Progress indicators include: improved endurance test results, strength gains, reduced muscle soreness, and an overall feeling of readiness to train more frequently.

**Injury Management:** Minor injuries will result in adjusted training, while major injuries will put training on hold until medical clearance is received.

**Client acknowledgement:** I understand that achieving results requires more than just showing up to workouts. I take full ownership of my performance goals, my recovery, and the daily habits that influence fat loss. I will track my progress, stay active outside the gym, and treat recovery as part of the work—not a break from it. I accept that injury prevention, mobility work, and consistent effort across all areas are not optional—they are part of the standard. My success depends on the discipline I apply, both during training and in the choices I make when no one is watching.

Client Signature: \_\_\_\_\_

## 9. Sleep Commitment

The Client acknowledges that quality sleep is critical for recovery, performance, fat loss, and overall health. The Client agrees to prioritise 7–9 hours of uninterrupted sleep per night and maintain a consistent sleep schedule throughout the programme to optimise training results and body composition changes.

## 10. Training Commitment & Responsibilities

The Client acknowledges and agrees to the following:

**Flexible Training Methods:** The Client understands that training will be adapted to optimise results, incorporating aerobic and anaerobic cardio, muscle endurance and strength resistance training as necessary.

**Tracking & Progress Reviews:** The Client will complete performance assessments every 4 weeks to independently measure progress and evaluate areas for improvement.

**Mindset & Accountability:** The Client agrees to push past mental barriers, embrace discomfort, and remain fully committed to the training plan.

**Self-Monitoring:** The Client is responsible for tracking their own challenges, injuries, and progress, and making appropriate adjustments using the tools provided.

## 11. Challenge Commitment

The Client pledges to uphold the following commitments:

I will not miss more than two consecutive training sessions unless physically incapable.

I will push myself 100%, even on days I feel tired.

I will embrace discomfort (not pain) and trust the process.

I will take full responsibility for my results and effort.

## 12. Commitment Pledge

By signing this contract, the Client acknowledges full responsibility for their results. The Coach provides guidance, structure, and expertise, but success ultimately depends on the Client's commitment, discipline, and effort.

Client Signature: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Final Note: This contract is not legally binding financially, but is a psychological commitment to help the Client stay accountable and achieve their goals. Results are earned, not given!