



CLIENT/TRAINER EXPECTATIONS

WHAT YOU SHOULD EXPECT FROM ME:

- 100% DEDICATION/FOCUS ON YOU.
- SHOW UP ON TIME.
- MAKE WORKOUTS FUN & CHALLENGING.
- CONTINUAL EDUCATION – EXERCISE, LIFESTYLE CHANGES/IMPROVEMENT, NUTRITION.
- RESPECT.
- CONFIDENTIALITY .
- MOTIVATION.
- UNDERSTANDING.
- COMPASSION.

WHAT I EXPECT OF YOU:

- GIVE 100% COMMITMENT TO YOURSELF.
- BE CONSISTENT.
- SHOW UP ON TIME.
- EAT CLEAN.
- DON'T GIVE UP!.
- APPLY MY ADVICE.
- RESPECT MY TIME.

