



Diamond Reiki and Body Informed Consent

I, _____ hereby voluntarily request and consent to receive private Personal Training services from **Daniel Bachman, Personal Trainer.**

I understand that no guarantees have been made to me as to the effect of such services. I further understand and acknowledge that in no way are these services meant to be construed as a diagnosis or treatment of disease, but rather as an aid to enhance strength, fitness, and overall health.

I understand that Personal Training is not a substitute for medical treatment or medications, and it is recommended that I concurrently work with my Doctor or Primary Caregiver for any condition that I may have. I am advised that if I am sick or injured, I should consult my Doctor. I am aware that the Personal Trainers at Diamond Reiki and Body LLC do not diagnose illness or disease and do not prescribe medication.

I understand that Personal Training services provided by Diamond Reiki and Body LLC are intended to enhance physical fitness and promote both strength gains and weight loss where applicable. Results are ultimately determined by the client's follow through as well as other factors including genetics.

I understand that prior to my first (and any subsequent) training session, the client and trainer will discuss the client's goals, concerns, and other questions regarding health and fitness. Printed, customized, workout plans are offered at additional cost (\$15) to the price of a private training session. Athletic taping is also offered at \$15 per application to as many as four joints or limbs.

I understand that **Daniel Bachman** upholds the highest standards of care and professionalism as a Personal Trainer and abides by all codes and ethics to maintain the client's well-being. Despite his licensure as a Physical Therapist Assistant, Personal Training is not medical practice, and does not fall under the purview of the Minnesota State Board of Physical Therapy.

Client Signature

Date

Personal Trainer Signature

