



*Holistic Personal Training Services
Move better....Live better.*

STATEMENT OF OBJECTIVES BETWEEN ARMSTRONG INTEGRATIVE MOVEMENT, LLC (AIM) AND THE CLIENT

My objective at AIM is created with the Client's best interest in mind. AIM agrees to provide the following to Clients:

- ❖ A free sixty- to seventy-five minute consultation clearly stating my objectives, all services, fees including price structure, and expectations of my Clients.
- ❖ A two-hour Integrated Fitness Assessment (IFA)TM.
- ❖ A full assessment of health history.
- ❖ A complete disclosure of the screening results, assessments and evaluations and a customized restorative exercise system designed to address the imbalances identified.
- ❖ Comprehensive, sixty-minute one-on-one sessions providing clear guidance and instruction on the corrective and restorative exercises.
- ❖ A professional referral to a qualified and trusted network of Integrated Health Care Practitioners based on my findings of any issues requiring collaborative care or expertise beyond the scope of AIM.
- ❖ A third-party client-referral discount on services: a client refers someone to AIM and that person enrolls in an IFATM.

My Clients agree to provide the following to AIM:

- ❖ An honest disclosure of your history and commitment to AIM.
- ❖ An honest and full disclosure of current symptoms including visits to other health care practitioners (physicians, chiropractors, massage therapists, acupuncturists, physical therapists, etc.) as their work directly influences your care and direction of your program with AIM.
- ❖ An honest commitment and desire to abide by and follow the system outlined by AIM.
- ❖ ***Arrival on time for appointments.*** The amount of time that the Client is late will be deducted from the sixty-minute session. Please give me a courtesy call if you know that you are running late.
- ❖ At least twenty-four hours' notice if you cannot keep your appointment. Cancellations within 24-hours may result in a charge for that session.



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- ❖ Trust that AIM has your best interests at heart and faith in the system set up and specifically designed for you.
- ❖ A promise of timely payment (payment for services rendered in advance will result in a discount).
- ❖ A willingness to collaborate with a qualified collaborative care expert whom AIM trusts to give you the very best of care and service, if applicable.
- ❖ Completion and submittal of the “Client’s Health and Fitness Goals and Level of Commitment” form.
- ❖ Completion and submittal of all forms and questionnaires in a timely manner.

I have read and understand all the points outlined above which I can expect from AIM as services provided to me, and which I am expected by AIM to provide as a Client for the duration of time for which I seek services.

Signature _____ Date _____