

Basic Nutritional Wavier Form

I understand that my Personal Trainer is not a licensed Nutritionist. I also understand that the goal of the Personal Trainer will be to demonstrate and explain in detail the basic nutritional values based on the following but not limited too: The Food Guide Pyramid, websites created by accredited Nutritionist/Fitness Organizations that demonstrate healthy recipes, etc. I understand that these are just suggestions made by my Personal Trainer but the ultimate decision will be mine as the client to participate.

Client's Name (Print) _____

Client's Signature _____

Date _____

Fitness Staff _____

Date _____