



The True Way To Health & Fitness

Troy Brown
Personal Trainer

Tru2Fitness.com

Basic Nutritional Waiver 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 to: The Food Guide Pyramid, websites created by accredited Nutritionists/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 Name: (Print) _____

Client Signature: _____

Date: _____

Tru2Fitness Staff: _____

Date: _____