



[YOUR BUSINESS NAME]
PERSONAL TRAINING

Session Packages

& Pricing

Editable template. Fill in your own rates and package structure.

Built to work.

Session Packages

Replace the bracketed placeholders with your own rates. Most coaches price per-session cost lower as package size increases, to reward commitment and improve retention.

Package	Sessions	Price	Per Session
Single Session	1	[\$XX]	[\$XX]
Starter Pack	4	[\$XXX]	[\$XX]
Standard Pack	8	[\$XXX]	[\$XX]
Committed Pack	12	[\$XXX]	[\$XX]
Monthly Unlimited	Unlimited	[\$XXX / mo]	N/A

What's Included

- Personalized program built from your assessment (folder 01/03)
- Exercise substitutions as needed (Assessment to Program Engine, folder 05)
- Progress check-ins every [X sessions]
- Direct messaging support between sessions

Cancellation & Rescheduling

Sessions cancelled with less than [XX hours] notice are [charged in full / forfeited / rescheduled once per package]. This should match the policy in your Client Agreement (folder 01).

Payment Terms

Packages are due in full at time of purchase, unless a payment plan of [X installments] is agreed in writing. Sessions do not carry over between packages unless otherwise stated.

Keep this document consistent with your Client Agreement and Waiver (folder 01). Update both together whenever you change your pricing or policies.