



Core Restore
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Core Restore CRTS™ Client Agreement

Our mutual goal is to heal your body by working together to reteach your body to use the right muscles for the right movements. The clients that have had the most success made an agreement to take accountability in this process for their health and well-being. I am asking you to do the same as spelled out below.

I agree to:

- 1. Make my appointments at Core Restore a priority in my life.**
- 2. Take responsibility for scheduling my sessions in advance and reschedule only when absolutely necessary.**
- 3. Remain consistent with the mutually agreed-upon appointment schedule because CRTS™ benefits have a cumulative effect. CRTS™ impacts are dependent on my overall health which ultimately shall determine the number of sessions necessary to resolve an issue or issues.**

I understand that:

- 4. The CRTS™ training modality is a process just like exercise and the number of sessions is determined by an infinite number of issues (emotional, physical and chemical) when it comes to healing my individual muscular system.**
- 5. If I am inconsistent, this can set me back and prolong the process.**
- 6. Recovery is the key to healing the body. Therefore, I am willing to rest and cut back on exercise and activities as necessary to allow my body to heal. **The amount that I reduce my exercise is determined on an individual basis.****
- 7. Compliance with my CRTS™ trainer's instructions to perform any assigned reinforcement exercises in order to progress my training sessions is a critical part of the process.**

Client signature

Date

Core Restore Employee Signature

Date