



AI Use Declaration & Checklist

For Fitness, Movement and Wellness Professionals

This template is designed to help fitness instructors, personal trainers, movement educators, studios and operators use AI tools in a clear, responsible and standards-led way.

It is not legal advice. It is a practical starting point to help you think about professional boundaries, client communication, consent and accountability when using AI-assisted tools.

Where personal data is involved, UK-based professionals should also refer to the Information Commissioner's Office guidance on AI and data protection: [ICO artificial intelligence guidance](#)

1. Our AI Use Statement

At [Business / Instructor Name], we may use AI-assisted tools to support certain administrative, educational, communication or assessment-related tasks.

These tools may help us organise information, draft educational content, prepare class materials, review general movement observations, or support client communication.

However, AI does not replace professional judgement.

Any AI-assisted output is reviewed by a qualified human professional before being used with clients, students or members of the public.

We do not use AI to diagnose medical conditions, replace clinical advice, or make decisions that fall outside our professional scope of practice.

2. What We May Use AI For

- ☐ Drafting class descriptions or educational materials
- ☐ Organising teaching notes or client education resources
- ☐ Creating general exercise explanations
- ☐ Summarising non-sensitive professional information
- ☐ Supporting business administration
- ☐ Creating marketing drafts, newsletters or social media posts
- ☐ Reviewing general, non-diagnostic movement themes
- ☐ Supporting internal staff training or reflection

Other uses: _____

3. What We Do Not Use AI For

- ☐ Diagnose injuries, pain or medical conditions
- ☐ Replace medical, physiotherapy or clinical advice
- ☐ Make final decisions about client safety without professional review
- ☐ Produce personalised clinical recommendations outside our scope
- ☐ Upload sensitive client data without consent
- ☐ Share identifiable client images or videos without permission
- ☐ Replace a qualified instructor, teacher, assessor or practitioner
- ☐ Create fear-based language around posture, pain or movement

Other boundaries: _____

4. Client Information and Consent

- ☐ Has the client been told that AI or an app may be used?
- ☐ Has the client given clear consent?
- ☐ Does the tool use images, videos, movement data or assessment notes?
- ☐ Is any health-related information being processed?
- ☐ Do we know where the data is stored?
- ☐ Do we know whether the data may be used to train the AI system?
- ☐ Can the client opt out?
- ☐ Is the information stored securely?
- ☐ Is access limited to appropriate staff only?

Notes: _____

5. Posture, Movement and Assessment Reports

If we use posture apps, movement analysis tools or AI-assisted reports, we understand that these reports are supporting information only. A static posture report, image, scan or AI-generated observation does not automatically determine a client's programme.

- ☐ Is this report static or movement-based?
- ☐ Does it show how the client moves under load?
- ☐ Have we observed the client in real movement?
- ☐ Could this finding be normal variation rather than a problem?
- ☐ Could the language in the report create fear or confusion?
- ☐ Is this within our professional scope to interpret?
- ☐ Does this require referral to another professional?
- ☐ Have we explained the report clearly and calmly to the client?

Professional observation notes: _____

6. The 5A Professional Check

Pillar	Checks
Authenticity	Does this reflect our professional voice, values and teaching approach? Does it sound human, clear and honest?
Accuracy	Has the information been checked? Does it align with recognised education, guidance or evidence? Are we avoiding unsupported claims?
Application	Does this apply to the person, group or setting in front of us? Have we considered age, ability, goals, experience and context?
Accountability	Who is responsible for this information? Are we willing to stand behind the advice or content shared?
Alignment	Does this align with our scope of practice, qualification, insurance, policies and professional standards?

7. Client-Facing AI Use Declaration

You may adapt this wording for your website, intake form, studio policy or client agreement.

AI Use Declaration

At [Business / Instructor Name], we may occasionally use AI-assisted tools to support our administrative, educational or communication processes. This may include help with organising information, preparing educational materials, creating general movement resources, or supporting the clarity of written communication.

Where appropriate, we may also use technology-assisted tools, such as posture or movement apps, to support observation and discussion. These tools are used as support only. They do not replace professional judgement, individual observation, qualified instruction or appropriate referral.

We do not use AI to diagnose medical conditions, replace healthcare advice, or make decisions outside our professional scope of practice.

If any tool involves your personal information, images, videos, assessment notes or health-related details, we will explain how the information is being used and seek your consent where required. You may ask questions about our use of AI-assisted tools at any time.

8. Internal Staff Declaration

All staff, teachers, contractors or educators working with [Business Name] agree that:

- ☐ AI tools must be used responsibly and within professional scope.
- ☐ Client information must not be entered into AI tools without permission and appropriate safeguards.
- ☐ AI-generated content must be reviewed before being shared.
- ☐ AI must not be used to diagnose, prescribe clinically or replace professional judgement.
- ☐ Any uncertainty must be discussed with the business owner, manager or designated lead.
- ☐ Client-facing use of AI must be transparent where appropriate.
- ☐ Data protection responsibilities must be respected.

Staff member name: _____

Signature: _____

Date: _____

9. Practical Next Steps

- ☐ Decide which AI tools your business allows.
- ☐ Decide which AI tools are not allowed.
- ☐ Create a simple AI use policy for staff.
- ☐ Add an AI declaration to your website or intake form.
- ☐ Review your consent forms.
- ☐ Avoid uploading identifiable client information without permission.
- ☐ Check whether AI tools use uploaded data for training.
- ☐ Train staff on scope of practice and AI limitations.
- ☐ Review AI-generated content before sharing it.
- ☐ Signpost clients to appropriate professionals when needed.
- ☐ Review ICO guidance if you are based in the UK or work with UK clients.

10. Final Reminder

AI can be useful. But in fitness, movement and wellness education, the human professional remains responsible. Technology may support the work, but it should not lead the work. Professional standards, client safety, consent, scope of practice and human judgement must remain at the centre.
