

Checklist for Fitness and Sports Coaches



You Can Claim:

- ☐ Car expenses (between multiple jobs or training locations on the same day)
- ☐ Compulsory or registered uniforms (with logos or required by employer policy)
- ☐ Work tools/equipment (weights, resistance bands, etc.)
- ☐ Insurance and repairs for your work gear
- ☐ Study expenses (directly related to improving your coaching or training role)
- ☐ Phone & internet (work use only, with records)
- ☐ Sunscreen, sunglasses & hats (if working outdoors)
- ☐ Union and association fees

You Cannot Claim:

- ☐ Activewear or sports shoes (even if only worn at work)
- ☐ Gym memberships or fitness programs (used to maintain personal fitness)
- ☐ Supplements, vitamins, or special foods
- ☐ Any expense reimbursed by your employer
- ☐ Music Subscriptions, childcare, or fines
- ☐ Study to switch careers (eg, moving from trainer to physio)
- ☐ Doctor visits
- ☐ Uber eats, cabs, taxis, and drivers



Book your FREE consultation today
and avoid last-minute tax stress.

#TaxChecklist #TaxFiling2025
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