

[Your Name]  
[Your Address]  
[City, State, ZIP Code]  
[Email Address]  
[Phone Number]  
[Date]

[Recipient's Name]  
[Recipient's Address]  
[City, State, ZIP Code]

Dear [Recipient's Name],

Subject: Consent for [Specify Purpose]

I, [Your Full Name], hereby give my consent for [specific action or purpose] to be conducted by [Recipient's Name or Organization]. I understand the nature of the [action or purpose] and confirm that I am aware of all relevant details.

This consent is given voluntarily and without any pressure.

Please feel free to reach out if you have any questions or need further information.

Sincerely,

[Your Signature (if sending a hard copy)]

[Your Printed Name]