

COACHING AGREEMENT

TERMS AND CONDITIONS

To help you achieve your fitness goals and build a healthier lifestyle, I need to be fully informed about your health and fitness habits. This collaboration works best when we maintain open and honest communication.

Here's what that means:

Meal Choices: If you eat something outside of your meal plan, please let me know. I'll help you make healthier choices that align with your goals.

Meal Tracking: If you're struggling to track your meals or follow your plan, reach out to me. I can adjust your plan or suggest easier ways to track your meals.

Workout Motivation: If you feel like skipping a workout, reschedule it for the next day, and let me know! I'm here to provide the motivation you need to keep going.

Time Management: If you're having trouble finding time to work out, tell me. I can help you adjust your schedule or modify your workouts to fit your lifestyle.

Travel Support: If you're traveling, inform me in advance so I can adapt your workouts to be travel-friendly. **Eating Out:** When dining out, let me help you navigate the menu to make healthier choices.

Communication is the key to your success in this program. I'm here to guide and support you every step of the way, so take full advantage of that. You're not in this alone—we're in this together.

Let's make this journey your best one yet!

REFUNDS/CANCELLATION POLICY

There are no refunds for this coaching program.

Coaching is a commitment-based program designed to help you reach your fitness goals and create a healthier lifestyle. Due to the nature of the personalized plans and the time and energy invested, refunds will not be provided under any circumstances.

Using financing options to pay for this program is considered equivalent to paying in full. As such, all payments made through financing are non-refundable.

If you are signed up for monthly/weekly coaching, you can terminate your coaching program at any time. For monthly/weekly coaching, you will be charged automatically until you cancel.

In the event you no longer wish to continue your coaching, please notify me either through the coaching app or via email at least 72 hours before your next billing date. It is your responsibility to keep track of your billing date. If you're unsure, ask me.

PAUSING POLICY

We understand that life can sometimes be unpredictable, and you may need to pause your fitness coaching program. Please review the following guidelines regarding our pausing policy:

You have the flexibility to pause your coaching at any time for reasons such as medical needs, financial circumstances, or personal matters.

If you pause your coaching mid-month, any remaining weeks will be preserved and available for you when you're ready to return.

To pause your coaching, please notify me either through the coaching app or via email, so we can adjust your

schedule accordingly.

Your progress and goals are important, and I'll be ready to support you whenever you're prepared to continue.

COMMITMENT POLICY

COACHING AGREEMENT

As your coach, I want to see you succeed just as bad as you. So I expect for you to commit to the program 100%. This means..

I expect you to have full communication with me. If you do not have your notifications on for the app, make sure to check into the app everyday incase I messaged you.
Track your meals daily.

Check in and track (log your weights and reps) every scheduled workout.

If you cannot do a scheduled workout, re-schedule it in the app by clicking on the workout then on the top right corner clicking the 3 dots, then click "move to another day" and click the day you want to reschedule it to and notify me when you do.

Complete your Check-in (measurements, weight and pics) when scheduled.

IMPORTANT: if you do not upload your check-in on time, you will NOT receive your next set of workouts or macros/meal plans until you do. (I cannot see your progress and make any adjustments if I do not know what's going on).

I invest a lot of time and energy into helping you succeed. This program is a two-way street: I give you the guidelines and the roadmap, but you have to do the work!

You will succeed if you communicate fully with me and stick to the plans!

Thank you for putting your trust in me to help you achieve your fitness goals. Now let's get to work =)

Sincerely,

Your Trainers

By signing below, you acknowledge that you have thoroughly read, understood, and agree to all policies and terms outlined in this contract. Your signature signifies full acceptance of all obligations, responsibilities, and conditions specified herein.

X _____

X _____
