



By signing this document you are agreeing to the terms and entering a legal agreement for and after our 120-day commitment, these terms remain the same during and after the initial commitment.

My Commitment to You:

- **a. Confidentiality.** All information given to me will be kept in confidence. Your personal details and medical information will not be made available to third parties unless permission is granted by you.
- **b. Recommendations.** Using my judgement, Knowledge and experience I will suggest certain exercises and lifestyle advice which I believe will be effective to achieve your goals, but if at any time you have any specific requests please let me know so that I can accommodate them.
- **c. Check-In.** You will receive check-in feedback on the agreed day unless outstanding circumstances which will be outlined to you.
- **d. Programme updates.** Programme updates and changes will only be presented upon sufficient communication and check-ins completed.

Your Responsibilities to me:

- **a. Disclosure of information.** Please disclose all health information as requested at our initial consultation and keep me updated and informed of any changes to your health status. This includes all medical conditions; physical and mental, injuries, allergies, and medication you are taking. If necessary, you may need to seek clearance from your doctor before participating in the exercise programme I recommend.
- **b. Understanding potential risks.** Whilst for most people exercise is hugely positive with many health benefits, there remains some risk that I require you to be aware of.
- **c. Payment method.** There is a minimum commitment for our coaching of 4 months.
- **d. Payments.** These payments are automated and will be taken on a set day, if using a different payment account please set up a standing order to the account 3 days before payment is taken.
- **e. Refunds.** No refunds shall be given due to upfront resources, time and reserved spaces within the program. The following service is also exempt from any 14-day cool-off period due to upfront downloadable resources & the personalization of the product.
- **f. Post 120 Day.** Following the completion of your 120 Day programme, your coaching will convert to a rolling monthly direct debit which requires the same cancellation policy as below, regardless if during or completion of the initial commitment.

- **g. Notice Period, Pause & Cancellation.** The monthly rolling coaching requires 30 days + processing notice period. e.g If payment day is June 1st - cancellation notice must be given 7 days before the last payment is taken, you will have 1 final month of coaching before payment is cancelled. This is the same if cancellation after the 90 days is required. Cancellations must be done over email alecjonescoaching@gmail.com

- **h. Commitment and honesty.** While I can create programs for you to succeed, ultimately your progress will be down to your effort and application. I can best help you along this journey if you keep me up to date on any issues that may arise and if you have any questions please voice them to me.

- **i. Image and Message rights.** Any progress pictures and messages can be posted to my social media or website - I will make you aware If you specify.

- **j. Money Back Guarantee.** If we do not achieve the outline goals within your initial 120 days you will be refunded, this is on the basis of the following terms:

- You have completed every workout
- You have submitted every check-in
- Responded with due time and used your coach
- Implemented everything we have discussed
- Tracked your nutrition (strategy dependent) every day.

If you have any queries relating to this agreement please contact me so that matters can be clarified to your satisfaction.