

# Terms of Service (TOS)

**Effective Date: 02/20/2025**

## 1. Introduction

Welcome to **FAT: Fierce Align Thrive** ("FAT," "we," "us," or "our"). By accessing or using our website ([www.FiercelyFAT.com](http://www.FiercelyFAT.com)), programs, membership communities, coaching services, or digital products (collectively, the "Services"), you agree to these Terms of Service.

If you do not agree with any part of these terms, do not use our Services.

## 2. Eligibility

- You must be at least **18 years old** to use our Services.
- By purchasing or participating in any FAT offering, you confirm that you are legally able to enter into this agreement.

## 3. No Medical or Psychological Advice

- FAT provides **educational and coaching-based support** for post-bariatric individuals and wellness seekers. We are **not medical professionals, therapists, or licensed healthcare providers**.
- Any content, coaching, or guidance provided is **not a substitute for professional medical, psychological, or nutritional advice**. Always consult a qualified healthcare provider before making changes to your health, fitness, or nutrition.

## 4. Payments, Subscriptions, & Refunds

### 4.1 Payment Terms

- All payments must be made in full at the time of purchase unless stated otherwise.
- FAT Disruptors membership operates on a **subscription basis**, which auto-renews until canceled.

### 4.2 Cancellations & Refunds

- Due to the nature of digital and coaching services, **all sales are final, and no refunds will be issued** unless explicitly stated otherwise.
- You may cancel your **FAT Disruptors membership** at any time before the next billing cycle to avoid future charges.

## 5. User Conduct & Community Guidelines

By engaging with FAT's Services, you agree to:

- **Be respectful** within all communities, including FAT Disruptors and FAT Brotherhood.
- **Refrain from sharing confidential or sensitive information** about others without consent.
- **Not redistribute or sell FAT's intellectual property**, including courses, coaching materials, and community content.

Violation of these rules may result in immediate removal from FAT platforms without refund.

## 6. Intellectual Property

- All content, including branding, digital products, coaching frameworks, and community structures, belongs to **FAT: Fierce Align Thrive** and is **not for redistribution, replication, or resale**.

## 7. Disclaimer of Liability

- We make no guarantees regarding specific outcomes from using our Services.
- You acknowledge that **your success is your responsibility**, and results may vary.

## 8. Governing Law & Dispute Resolution

- These Terms are governed by the laws of **[Your State/Country]**.
- Any disputes must be resolved **via mediation or arbitration before pursuing legal action**.