

**i AM**  
**fitness**



## Coaching Commitment Form

- I'm ready, willing and able to do what it takes to be **even more awesome**. I commit to the tasks that have been strategically given to me.
- I commit to **taking action every day** to the best of my ability.
- I commit to taking the time as often as possible to interact with my coach by **answering and asking questions**.
- I commit to focusing **10-15 minutes of "me time"** each day to complete any required tasks in a space where I can dig deeper into my thoughts and mindfulness.
- I commit to **taking measurements and photos** of myself (can keep private) every 4 weeks to track my progress.
- I commit to **not giving up on myself** if I get behind and know that I am always only one step from getting back on track.
- I commit to **at least three months of small steps** so that I can **enjoy a lifetime** of food freedom, healthy mindset and a rockin' body.

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Signature

Date

# Contract for Coaching Services

**Thank you so much for trusting me for your coaching needs! The following agreement provides the contractual terms between Christy Van Vliet (o/a i AM fitness) and You (the client).**

## **Personal Information**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Full Address: \_\_\_\_\_

Home ph: \_\_\_\_\_ Cell ph: \_\_\_\_\_

## **Coaching Package Chosen**

*(program upgrades are available at any time, ask your coach!)*

**Busy Moms Tribe Coaching package - FB + 2/mo 20 min coaching calls**

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## **Additional Notes:**

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## **Program Guarantee**

I have made a reasonable effort to accurately present the program and its potential results. Your results are not guaranteed, as each individual's results will depend on a number of factors including but not limited their level of participation and dedication to the program. However, if you are unhappy at any point in the program, you may be released from your contract.

## **Privacy**

All personal information collected from clients is used solely for providing coaching services, maintaining accurate records, billing, and communication. Your personal information will be kept confidential and used only for these purposes unless explicitly agreed-upon by both parties. By contacting me via any method of communication, you thereby approve that I may also contact you using that same method of communication.

## **Appointment Cancellations**

You must provide at least 24 hours notice of your intention to cancel any scheduled appointments. Failure to provide the specified notice will result in the forfeiture of your appointment without reimbursement. Given proper notice, your appointment may be rescheduled at a time of mutual convenience.

## **Payment Terms**

In consideration for the services selected above, you agree to pay Christy Van Vliet (o/a i AM fitness) as per the installments listed below. By signing below, you are acknowledging that you have read, agree to and accept all of the terms and conditions contained in this agreement. A facsimile, electronic or emailed copy of this Agreement with a written or electronic signature shall constitute a legal and binding document. You agree that your electronic signature on this agreement is the legal equivalent of your manual signature and you hereby consent to be legally bound by this agreement.

Program changes requiring a new payment amount will result in a new contract. In this case, the new contract will supersede the original contract.

In the event there is a default in payment of any instalment, at my option, your access to programming may be revoked. As a client you are responsible for full payment of fees regardless of whether you actually complete the program. You agree to participate in the program for a minimum of 3 months before termination of the program is permitted. After your minimum 3 month commitment has been completed, should you wish to discontinue your coaching program, you will contact your coach in writing (email) with a minimum of two weeks notice in order to terminate your program.

Should you choose to terminate services prior to the completion of this 3 month term, you agree to pay for the first 3 months of services. Upon execution of this agreement, all payments outlined in the agreement shall be collectable and non-refundable.

No refunds will be issued and all monthly payments must be made when due. Delinquent or declined payments are subject to a surcharge of \$20, and a late payment fee of \$5 per day will be added to the balance for overdue payments.

Please note that if for any reason payment is not received within 7 business days of your billing cycle date, you will be removed from the program until such time that your payment is in good standing. Under these circumstances, you will not be credited back for lost program time and your program will resume as though you had not left.

## Payment Authorization

I, \_\_\_\_\_, authorize Christy Van Vliet (o/a i AM fitness) to charge my credit card for services rendered.

My payment:

12 monthly payments of \$89 to be paid via paypal.

(Details of cancellation options as above, renewal options will be discussed prior to the end of your 12 month term).

Please authorize the credit card used to make your paypal payments below:

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Name on Card	Credit Card #
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Expiration Date	Code on Back	Card type (Visa/ MC)
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Client Signature	Date
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i AM fitness Signature	Date
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