



ONLINE NUTRITION COACHING CLIENT AGREEMENT

Client Agreement - Policies, Terms and Conditions

By investing and participating in nutrition coaching, you are fast tracking your results and I have faith that by working together we can make the changes you want in terms of your health. However, it does take two to get results. Success requires a level of personal commitment from you as well.

Informed Consent

I give consent to Charlotte Andrews to provide Nutrition coaching to myself as a client for which I am legally responsible. The coaching will provide information and guidance about health factors within my own control: my diet, nutrition, and lifestyle.

I understand that Charlotte is a qualified Nutritional Advisor however not a medical practitioner. Thus, they will not diagnose medical conditions, but will provide nutritional support for an already diagnosed condition. While nutritional support can be an important compliment to my health and disease management, I understand these services are not a substitute for medical care.

Methods of nutrition evaluation or testing made available to me are not intended to diagnose disease. Rather, these assessments and/or tests are intended as a guide to developing an appropriate health-supportive program for me and to monitor my progress in achieving my goals. Medical records (if applicable) and my personal information and history divulged in session to Charlotte will be kept confidential, unless I consent to sharing my medical information.

I hereby release and discharge, indemnify, and hold harmless Charlotte from all claims, demands, costs and expenses, and causes of action, either in law or equity arising out of or in any way connected to services I receive from Charlotte. I have read this consent form and terms contained herein carefully. I understand the terms of this form fully and voluntarily agree to be bound by them.

Payment

Your payment is valid for your chosen package. This will depend on the length of plan you have purchased. I will endeavour to accommodate changes in schedule where possible however if you have planned absences during this time please let me know ASAP to agree an extension.

Your payment represents your investment in your wellbeing and covers far more than the nutrition coaching itself. Our focus is on working to together to get the results you are after, I will therefore be providing appropriate nutrition information from my recipe books and guides, support, check in opportunities via my app (if on your chosen package) and Facebook group and suggested additional activity levels to maximise your results. It is always your choice whether you make use of these options or not.

Communication

Please use the app chat for communications for all your queries and I shall endeavour to get back to you. Wherever possible I will respond to any communications within 24 hours during the week and 48 hours at weekends.

100% Guarantee

As with any professional business, I am not happy unless you are. If for some reason you are not happy with my service can you please let me know so I can endeavour to provide you with the highest quality of service and rectify any problems as soon as possible.

In order to get the best results possible, I recommend you make full use of the check in opportunities provided and my knowledge. If at any point you would like to know the reasoning behind any of the coaching suggestions I make please feel free to ask, I'm always happy to provide explanations where that is preferred.

Personal Agreement

I promise I will support and advise you to the best of my knowledge, taking into account your preferences and circumstances wherever appropriate. In return I request that you remember you always have a choice and it is your commitment to yourself and your goals that will make the biggest difference to your long term results..