



Welcome!!! During the coming six months, you will learn ways to help yourself achieve a healthier way of eating and lifestyle. Please read the following. If anything is unclear, please ask.

This Agreement is made on _____ between the Coach of the Program (Laura Hudson) and the Client _____ . The Coaching Program in which you are about to enroll in is a 6-month program and you will be signing up for one of the following types of coaching. **Please circle which one you are participating in:**

A. Self-Study: \$79/month

- a. You will have access to Winning with Food and Weight through the course portal online.
- b. Access to our Winner's Circle Facebook group.

B. Group Coaching: \$125/month

- a. You will have access to Winning with Food and Weight through the course portal online.
- b. Group Coaching calls as follows: 1st and 3rd Thursdays the calls will be at 7 PM Eastern. On the 2nd and 4th Thursdays the calls will be at 10 AM Eastern. If there is a 5th Thursday in the month, there will not be a coaching call. Laura's intention will be to have these dates blocked out, but if at some point, she does need to reschedule a call, she will do her best to accommodate the majority.
- c. Access to our Winner's Circle Facebook group.

C. One-on-one Coaching: \$297/month

- a. One-on-one hour-long coaching sessions with Laura twice a month on zoom at a time agreed upon by Client and Coach.
 - b. You will have access to Winning with Food and Weight through the course portal online.
 - c. Group Coaching calls as follows: 1st and 3rd Thursdays the calls will be at 7 PM Eastern. On the 2nd and 4th Thursdays the calls will be at 10 AM Eastern. If there is a 5th Thursday in the month, there will not be a coaching call. Laura's intention will be to have these dates blocked out, but if at some point, she does need to reschedule a call, she will do her best to accommodate the majority.
 - d. Access to our Winner's Circle Facebook group.
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SCHEDULING

As your Coach, I understand that you have a busy schedule and I take pride in not keeping you waiting or keeping you longer than planned. Each session will end one hour after it was scheduled to begin.

PAYMENTS

You have agreed to make monthly payments on your coaching program of choice for a 6-month term.

DISCLAIMERS

The Client understands that the role of the Health Coach is not to prescribe or assess micro and macronutrient levels; provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, the Coach is a mentor and guide who has been trained in holistic health coaching to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes. The Client understands that the Coach is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or



other licensed or registered professional, and that any advice given by the Coach is not meant to take the place of advice by these professionals. If the Client is under the care of a health care professional or currently uses prescription medications, the Client should discuss any dietary changes or potential dietary supplements use with his or her doctor, and should not discontinue any prescription medications without first consulting his or her doctor.

The Client has chosen to work with the Coach and understands that the information received should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals.

PERSONAL RESPONSIBILITY AND RELEASE OF HEALTH CARE RELATED CLAIMS

The Client acknowledges that the Client takes full responsibility for the Client’s life and well-being, as well as the lives and well-being of the Client’s family and children (where applicable), and all decisions made during and after this program.

The Client expressly assumes the risks of the Program, including the risks of trying new foods or supplements, essential oils and the risks inherent in making lifestyle changes. The Client releases the Coach from any and all liability, damages, causes of action, allegations, suits, sums of money, claims and demands whatsoever, in law or equity, which the Client ever had, now has or will have in the future against the Coach, arising from the Client’s past or future participation in, or otherwise with respect to, the Program, unless arising from the gross negligence of the Coach.

CONFIDENTIALITY

The Coach will keep the Client’s information private, and will not share the Client’s information to any third party unless compelled to by law. The Coach may consult with her husband Denver (who is a Health Coach/Life Coach and Fitness Trainer), if she feels additional help is needed to best serve the Client.

ARBITRATION, CHOICE OF LAW, AND LIMITED REMEDIES

In the event that there ever arises a dispute between Coach and Client with respect to the services provided pursuant to this agreement or otherwise pertaining to the relationship between the parties, the parties agree to submit to binding arbitration before the American Arbitration Association (Commercial Arbitration and Mediation Center for the Americas Mediation and Arbitration Rules). Any judgment on the award rendered by the arbitrator(s) may be entered in any court having jurisdiction thereof. Such arbitration shall be conducted by a single arbitrator. The sole remedy that can be awarded to the Client in the event that an award is granted in arbitration is refund of the Program Fee. Without limiting the generality of the foregoing, no award of consequential or other damages, unless specifically set forth herein, may be granted to the Client.

This agreement shall be construed according to the laws of the State of Indiana. In the event that any provision of this Agreement is deemed unenforceable, the remaining portions of the Agreement shall be severed and remain in full force.

If the terms of this Agreement are acceptable, please sign the acceptance below. By doing so, the Client acknowledges that: (1) he/she has received a copy of this letter agreement; (2) he/she has had an opportunity to discuss the contents with the Coach and, if desired, to have it reviewed by an attorney; and (3) the client understands, accepts and agrees to abide by the terms hereof.

Client name _____ Signature _____ Date _____

Coach name _____ Signature _____ Date _____