



THE NOURISHMENT ACADEMY - CLIENT CONTRACT (6 WEEKER)

Welcome to the Nourishment Academy!

We're excited to embark on this journey with you to help you become the happiest, healthiest, and most confident version of yourself. Here are the details and rules for your 6-week kickstarter program:

Program Details

Duration: 6 weeks

Sessions: 12 small group training sessions

Coach: A dedicated 1:1 coach for accountability and weekly check-ins

Program: Tailored to your specific goals

Scheduling and Attendance

- Booking: You can sign up for sessions via GoTeamUp up to 7 days in advance.
- First-Come, First-Served: Sessions fill on a first-come, first-served basis with a waitlist when necessary.
- Cancellation: Provide at least 3 hours' notice if you need to cancel a session to avoid forfeiting it.
- Class Size: Maximum of 8-10 attendees per session (currently limited to 8 due to Covid-19 guidelines as of August 2020).
- Substitute Trainers: If a trainer is unavailable, TNA will provide a substitute.
- Seasonal Changes: Session availability may vary during summer holidays. We close during the Christmas period; if your 6-week program falls over Christmas, we will extend it for you.



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Coaching Approach

- Direct and Constructive: Coaches will provide direct and constructive feedback.
- No Minors: Sessions are not open to minors for safety reasons.

Facebook Members Area

- Exclusive Access: The group is strictly for members and 6-week participants. Inviting non-members is prohibited.

Agreement and Commitment

- Program Length: Your program is 6 weeks, with membership options available afterward.
- Deferral: You can defer your program once; no refunds for cancellations.
- Results Guarantee: If no results are seen after completing all tasks and all 12 sessions within the 6 weeks, a 1:1 call will be arranged for a potential refund, given that you have documented your progress with weights, measurements, or photos.
- Individual Journey: The program's success depends on your participation and dedication. TNA will provide regular updates and feedback.

Responsibilities

- Decision-Making: You are responsible for decisions about your work with TNA. Coaches offer advice and referrals, but your actions are your responsibility.
- Professional Advice: TNA coaches' advice is not a substitute for professional medical advice.
- Participation: Your results are based on your level of participation and action.
- Learning: Be open to learning from all experiences within the coaching program.



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Photos and Privacy

- Photos: Photos will be taken during your sessions for use on our website and/or social media. If you wish not to have your photo taken, please advise us at the beginning of your program.
- Feedback: TNA may ask for comments and evaluations throughout and after the program.
- Testimonials: By agreeing to this agreement, you authorize TNA to share your success as a testimonial on their website and social media. Inform us if you do not agree.
- Photos:
- Privacy: Personal data is collected, used, and retained only to provide services and comply with legal obligations.

A copy of this agreement is available on-site for your reference. If you have any questions about logistics or scheduling, please email:

hello@thenourishmentacademy.com.

Welcome aboard, and let's make these six weeks transformative!