

Client Coaching Agreement

Client Name _____

This coaching agreement is entered into between Abs and Avocados and the above named client. It will begin on _____ and will continue on a monthly basis for _____ months or until such time as the client terminates my services. A reminder email or text will be sent 24-48 hours before any scheduled session. The next month's session will be scheduled during the current coaching session.

Fees

The fee for the coaching sessions will be charged on a monthly basis in advance of that month's session in the amount of \$ 180 on a recurring billing cycle, after the trial payment of the first 3 months. The fee is payable through PayPal via the company website at www.absandavocados.com/order/.

Cancellation Policy: Clients maintain the right to cancel payment at any time in advance of the billing date for the next month's session. Cancellation must be done in writing (either by posted letter to the company address or by email to the following website address:

absandavocados@gmail.com) and the letter or email must be received before the new billing cycle or you will be charged for that month's coaching session.

If you need to cancel an appointment, please notify us at least 24 hours in advance of the appointment date to reschedule that session.

Services

The client will be provided with monthly fitness coaching services via telephone unless otherwise specified by the coach. I will call you at the agreed upon time to begin the call. If you do not answer, you are allowed one call back five minutes after the scheduled time or the appointment will be canceled.

The purpose of the fitness coaching sessions is to provide the client with information based on their defined goals and the years of experience of the coach in various areas of the fitness arena. This service includes but is not limited to: brainstorming techniques, identifying action plans, follow-up procedures to maintain client motivation, educating the client as well as asking and answering questions.

Termination

Termination of this agreement may occur at the discretion of the coach when an impasse is reached with the client. As long as the client adheres to the Coaching Success Guidelines and the coach adheres to professional practices and standards, the relationship will continue. The goal is to better your fitness so all efforts will be made towards that end.

Examples of terminable offenses:

- Lack of payment
- Lack of adherence to Coaching Success Guidelines
- Indifference on the part of the client to prescribed session action items

Confidentiality

