



Life Coaching Agreement

This Health Coaching Agreement ("Agreement") is made and entered into between [Health Coach's Name], ("Coach"), and [Client's Name], ("Client"). This Agreement outlines the terms and conditions of the health coaching services to be provided by the Coach to the Client. By participating in the health coaching program, the Client agrees to the following terms:

1. Services Provided:

The Coach agrees to provide health coaching services, including but not limited to:

- One (1) personal coaching session per month, scheduled at a mutually agreed-upon time.
- Access to the group community for support and interaction with other clients.
- Access to online training materials to support the Client's health and well-being goals.

2. Client Responsibilities:

The Client agrees to:

- Actively participate in the personal coaching session.
- Engage respectfully and constructively within the group community.
- Utilize the online training resources provided by the Coach.

Communicate honestly and openly with the Coach, sharing relevant information about goals, challenges, and progress.

3. Payment:

The Client agrees to pay the agreed-upon coaching fee on a monthly basis, as specified by the Coach. Payment is due in advance of each coaching session. The Coach may offer various payment methods for the Client's convenience.

4. Confidentiality:

The Coach agrees to maintain the confidentiality of all information shared by the Client during the coaching sessions, except as required by law. The Client agrees to respect the confidentiality of the information shared within the group community.

5. Cancellation and Rescheduling:

If the Client needs to cancel or reschedule a coaching session, a minimum of 24 hours' notice is required. The Coach will make reasonable efforts to accommodate the Client's request for rescheduling.

6. Disclaimer:

The Coach is not a medical professional and does not provide medical advice. The coaching provided is intended for informational and motivational purposes only. The Client acknowledges that any decisions made based on the coaching are the Client's responsibility.

7. Termination:

Either party may terminate this Agreement at any time, for any reason, by providing written notice to the other party. Upon termination, the Client will be responsible for any outstanding coaching fees owed to the Coach.

8. Governing Law:

This Agreement shall be governed by and construed in accordance with the laws of [Jurisdiction], without regard to its conflict of law principles.

By signing this Agreement, the Client acknowledges that they have read, understood, and agree to the terms outlined above.

Signature:

[Client's Name] (Date) [Health Coach's Name] (Date)

This Agreement constitutes the entire understanding between the Coach and the Client and supersedes all prior agreements, understandings, or representations, whether oral or written.