

TERMS AND CONDITIONS FOR BODY WELL MADE ACCOUNTABILITY COACHING SERVICE

Effective Date: The date of form submission.

Welcome to Body Well Made's Accountability Coaching Service. By enrolling in our coaching service, you agree to the following Terms and Conditions. Please read these terms carefully before using our services.

1. SERVICE OVERVIEW

The Accountability Coaching Service at Body Well Made is designed to help clients achieve their health and wellness goals through regular check-ins and self-selected accountability terms. Clients define their own parameters, which include:

- Frequency of check-ins: either weekly or every two weeks.
- Specific goals.
- Accountability terms, including penalties for missed check-ins.

2. ACCOUNTABILITY OPTIONS

Clients may choose from the following methods to complete their accountability check-ins:

- **Text Message:** Written confirmation (honor system) or photo proof.
- **Email:** Written confirmation (honor system) or photo proof.
- **Instagram Direct Message:** Written confirmation (honor system) or photo proof.

3. CHECK-IN REQUIREMENTS

- Clients will select their start date and end date, with a minimum coaching period of 30 days. However, a 12-week period is recommended for optimal results.
- The frequency of check-ins will be either weekly or every two weeks, as chosen by the client.
- All check-ins must be completed via the selected communication method and must be received by the agreed-upon day and time.

4. PENALTIES FOR MISSED CHECK-INS

- If you fail to meet your check-in requirements, a penalty will be charged based on the terms you selected.
- You may choose a penalty of either \$100 or \$500 for each missed check-in.
- Penalty fees will be charged using the payment method securely stored by Stripe at the time of sign-up.
- If you fail to meet your check-in requirements twice, you can request a free 20 minutes assessment so we can review your goals and adjust if necessary.

5. PAYMENT AND BILLING

- Payment information will be securely stored via Stripe and will only be used if you miss a scheduled check-in.
- You are responsible for ensuring that your payment information is up-to-date and accurate.
- Payment will be charged based on the penalty terms you selected at the beginning of your coaching period.

6. CLIENT RESPONSIBILITY

As a client, you are responsible for:

- Defining and setting your own parameters, including check-in schedule, goals, and accountability method.
- Meeting your accountability check-ins according to the frequency and method you selected.
- Selecting the penalty amount you will be charged for missed check-ins.

7. CANCELLATION AND TERMINATION

- You may cancel your accountability coaching service at any time by providing written notice to Body Well Made.
- Upon cancellation, you are responsible for any missed check-ins prior to the date of cancellation.
- Body Well Made reserves the right to terminate your service if you breach these terms, including failure to make payments for missed check-ins.

8. NO GUARANTEE OF RESULTS

Body Well Made does not guarantee that you will achieve your health and wellness goals. The accountability coaching service is designed to support and guide you, but results are dependent on your commitment and follow-through.

9. LIMITATION OF LIABILITY

To the maximum extent permitted by law, Body Well Made is not liable for any direct, indirect, incidental, special, or consequential damages arising out of or in any way connected with the use of our accountability coaching services.

10. CHANGES TO TERMS AND CONDITIONS

Body Well Made reserves the right to update or modify these Terms and Conditions at any time. Any changes will be communicated to clients via email or through our website. Continued use of the service after such changes constitutes acceptance of the new terms.

311. GOVERNING LAW

These Terms and Conditions are governed by the laws of the State of Montana, without regard to conflict of laws principles.

By enrolling in the Body Well Made Accountability Coaching Service, you acknowledge that you have read, understood, and agreed to these Terms and Conditions, and that payment information will be securely stored via Stripe and only charged in the event of a missed check-in.