

PARTICIPANT – COACH COMMITMENT

Platinum Membership: Platinum Membership is an optional annual personal coaching commitment. This membership incurs a 10% annual discount at the selected level of participation (see menu). Payment is required in full for the entire 48-week practice term at initiation. Practices will be scheduled in advance, are subject to all other policies, and will expire at the end of the 48-week cycle from the outset of membership, not longer than 365-days from initiation. All unused practices will expire.

Payment and Billing: Payment in full for program selection commitment is due at signing of the *Participant-Coach Commitment*. For renewal, your committed times will not be guaranteed unless payment is received at least 7-days prior to expiration of current commitments.

Expired commitment(s) cannot be redeemed or transferred.

NSF or returned checks: Client will be charged an additional \$50.00 to the contracted selection and cash will be required for all future payments

BILLING & CANCELLATION POLICY

Regular billing of services will occur on at least a 30-day schedule. This is to ensure that there are no lapses or double-booking over your practice times. Payment is to be received on or prior to the next renewal date to guarantee your practice time. Cancellation of service requests must be made at least fourteen (14) days in advance of next scheduled practice time. A prorated payment may be required for cancellations not given at least 14-days notice

Practice(s): Practices are scheduled appointments with your coach; are scheduled in advance and can be up to 45-minutes in duration. As the participant, you are responsible for being prepared prior to the beginning of each meeting with your coach. This means proper dress, footing, being properly nourished and hydrated and warming up. Your practice with the coach will consist of exercises and activities that have been structured for you, which will advance you towards your goals*. All unused engagements will expire within 15 days from the last completed appointment or 30 days from date of purchase, whichever occurs first.

Autonomy™ programs expire thirty-days (30) from first engagement date if not being used on the regularly scheduled basis. Any unused practice appointments from monthly programs will not be refunded however may be rescheduled at the coach's discretion.

Platinum Members will receive 48-weeks of scheduled practices at their level of commitment. These practices will expire at the end of the term regardless of use (use 'em or lose 'em).

*Attaining your health and fitness goals, and gaining success in any fitness coaching program requires you to perform activity on your own, outside of the scheduled practices with your coach. Your coach will advise these pursuits for you.

Changes/Cancellations: Changes in practice times or cancellations of engagements must be made 24 hours prior to scheduled appointments. Changes or cancellations made 24 hours prior to your scheduled appointment time will be rescheduled to a time agreeable to both participant and coach. Changes or cancellations made less than 24 hours to scheduled appointment times, participant will be charged for that appointment.

If your scheduled coach can not make your practice time, he/she will notify you as soon as possible. A suitable Progressive Fitness Coaching coach may substitute for your regular coach with your prior approval.

Tardiness: A participant 15-minutes or more late or unprepared for a scheduled appointment will be considered a no-show and charged for the appointment. Practice times will start as scheduled.

A coach 15-minutes or later for a scheduled meeting will start the practice at his/her arrival and the participant will not be charged for that time.

Injury: Any injury sustained during an appointment must be made known immediately to the coach and an incident report must be filed. The coach must also be notified of any injury sustained prior to a meeting, so as to not cause further injury or re-injury.

Physical Contact: It may be necessary from time to time, while demonstrating or leading the participant in exercise form or through stretching, for the coach to come in physical contact with the participant. If at any time you feel uncomfortable with this, or do not want to utilize physical contact at all, notify your coach immediately.

Privacy: Any and all information regarding participant-coach relationship is kept strictly confidential. Information may only be used, when given expressed participant written consent. Your signature below does not provide this consent.



Advancing Human Performance!

PO Box 1076 Hockessin, DE 19707 * www.ProgressiveFitnessCoaching.com * (302) 521-1794

Associated Fees: PROGRESSIVE FITNESS COACHING operates in areas convenient to the participant; be it home, health club facility of membership, school/team facility, or any other location agreeable to both participant and coach. In the event that there are usage fee(s) applied to the participant, the coach, or both to use the facility, the participant is responsible for paying those fees.

Nutrition Counseling: To assist our participants in furthering their success and ensure true lifestyle habit transformation, PROGRESSIVE FITNESS COACHING offers nutritional counseling services. This service requires the participant to provide the coach with a detailed food log of his/her daily eating habits. A detailed nutrition program will be devised according to participant likes, goals, and daily requirements. This plan is only a recommendation. PROGRESSIVE FITNESS COACHING, LLC, its coach and representatives, do not assume responsibility for participant failing to achieve their goals and does not offer meal plans for medicinal purposes. A Registered Dietician can be recommended upon request or for special needs outside the scope of our practice.

I have read and understand all policies set forth by PROGRESSIVE FITNESS COACHING, LLC.

I have reviewed the coaching options and all questions I had about them were answered.

I have chosen _____
(Name of program)

I understand that my participation in this program or any fitness activity is voluntary.

I also understand that my success in this program is not entirely reliant on the exercise prescription or my fitness coach. **My success is dependent upon me and my performing the prescribed exercises and following the advice of my coach towards attaining my lifestyle and fitness goals.**

Any further questions concerning the policies, program(s), or philosophies of coaching should be answered now.

This Commitment constitutes entire and exclusive agreement between the parties (Seller and Buyer). Any promises, representations, statements, understandings and/or agreements pertaining directly or indirectly to this Commitment, which is not contained herein, are hereby waived. PROGRESSIVE FITNESS COACHING, LLC may change policies without prior notice.

By signing this Commitment you are entitled to the best personal fitness coaching available from PROGRESSIVE FITNESS COACHING, LLC, and bound by the terms and conditions of the policies and program selection.

Participant's Signature

Coach's Signature

Date _____

Date _____

CREDIT CARD INFORMATION (Additional 4% charge applies)

TYPE OF CARD (circle one): VISA MASTERCARD AMERICAN EXPRESS

CARD NUMBER: _____

EXPIRATION: _____

SECURITY: _____ (3-digit back of Visa/Master; 4-digit front of Amex)

BILLING ADDRESS: Check if same as home address

Street: _____ **City:** _____

State: _____ **Zip:** _____