



Coaching Agreement

LET'S WORK TOGETHER

I, _____ agree to the following terms and conditions

1. Coaching Relationship

From the coaching process you can expect to be guided through a self discovery process in which attention is brought to your goals, limiting beliefs, and self potential. Your coach will partner alongside you and guide you through your health transition. With guidance from your coach you will create a personalized wellness plan focused on your personal goals.

Suggestions from your coach are not medical advice. You retain full responsibility for your health and may consult with your medical doctor before making any changes to your diet, fitness, or supplement regimen.

2. Confidentiality

Information shared in your sessions will remain confidential. Your name or any identifying information will never be shared unless you personally request that your coach speak with another provider or family member about your situation.

3. Scheduling and Appointments

Client understands that consistency is important for achieving success. Client agrees to show up for scheduled appointments. Client agrees that if an appointment needs to be cancelled or rescheduled that the coach will be notified 24 hours in advance to avoid forfeiting this session.

4. Fees

Current payment of \$55 for each coaching sessions will be due prior to the clients first session.

Client Name Printed

Date

Client Signature

Coach Signature

Fit 4 Kingdom Living

Newport News, Va 23605

📞 Phone: 757.632.6518

✉ Email: sadie@fit4kingdomliving.com

🌐 Website: fit4kingdomliving.com