

## Client Agreement

This agreement is made between the Nutrition Coach Carly Barefoot (“Coach” or “Me”, “I”), and Client (“You”).

**Free Consultation:** I offer a free 15-minute phone consultation to the potential Client to introduce the coaching process and strategies used. At the end of this time, a decision can be made about forming a coaching relationship.

**Services:** You are hiring Me to provide one-on-one, individualized nutrition coaching services.

**Coaching Commitment:** A minimum three (3) month commitment is required for new Clients to establish the coaching relationship, and for Clients to create new, sustainable eating and lifestyle patterns. There is no maximum limit on coaching, and I can continue with Clients beyond three months to continue supporting Client goals. After a Client has completed three consecutive months, they are eligible to receive coaching on a month-to-month or as needed basis.

**Coaching Sessions:** Your first coaching session is a 60 minute in depth evaluation. During this session, I will discuss your health history, diet, and lifestyle factors as well as Your goals, and begin mapping out a plan. I can obtain measurements to calculate body composition for the purpose of tracking progress. Prior to this session, Clients are asked to complete their Intake Form.

After this initial session, coaching sessions will be monthly and will serve as an opportunity to evaluate progress, discuss barriers, celebrate successes, reassess planning as needed, and provide education.

Package Options: 1) “Getting Started” – 3 month commitment - \$165.00 per month

2) “Maintenance” – month to month - \$150.00 per month

**Client Responsibilities:** I see You as resourceful, accountable, and responsible for engaging in the agreed-upon action plans. Change requires an awareness, readiness, and commitment to new behaviors. As a nutritionist, I will provide each Client with education, tools, and an action plan to work towards stated goals. Ultimately, it is up to the Client to actively implement the agreed upon plan.

**Results and Outcomes:** Results are dependent on each individual Client and the level of commitment and consistency that they choose to implement. Each Client is unique and different (physically, mentally, and emotionally), meaning outcomes will vary between Clients.

**Contact & Communication:** Please feel free to contact Me between scheduled follow-up sessions for simple questions and accountability check ins. I will also reach out for weekly check-ins. I can be reached by email at [peachtreenutrition@gmail.com](mailto:peachtreenutrition@gmail.com) or via text and will respond to messages between 9:00 AM EST & 5:00 PM EST. I may respond outside of normal business hours, but it is not required.

**Fees & Payment Policy:** Peachtree Integrative Nutrition is a private pay practice and does not accept insurance. You agree to the designated fees detailed in your selected program at the time of Agreement. Payment must be made in advance of services. Payments are made through WheelPay. If you have agreed to payment of a package that lasts longer than a month, you will be charged automatically each month for the duration of the package.

**Cancellations and Missed Appointments:** If you need to move or cancel your scheduled appointment, please do so 24 hours in advance. Two missed appointments with no advanced notice will result in a termination of the Client Agreement and no refunds will be issued.

You may cancel your Client Agreement at any time by emailing Me at [peachtreenutrition@gmail.com](mailto:peachtreenutrition@gmail.com). When a Client cancels their Client Agreement, for whatever reason, within the first seven days of their Client Agreement start date, they shall receive a 50% refund of that month's fee. A month shall be considered 30 rolling days from the Client Agreement start date. After the initial seven days, any Client who cancels will forfeit any fees already collected, with no refund or other compensation. After cancellation, subsequent monthly payments will no longer continue to be withdrawn.

The nutrition coach may, at any time, terminate a Client/Coach relationship and Client Agreement when the Coach feels it is inappropriate to continue sessions. In this case, the Coach will determine refund eligibility on an individual basis.

**Confidentiality:** As a part of nutrition coaching services, You may be asked to provide information concerning Your physical health, medical history, lifestyle and diet. I will not release or disclose this information outside of the practice of Peachtree Integrative Nutrition without Your prior consent, except as required by applicable law. Your verbal or written approval may be requested to highlight You on social media platforms and You can opt out or in at Your own discretion.

**Acceptance of Terms:** The action of the sending and receipt of this agreement via an electronic method will hold both parties in acceptance of these terms. The Coach, as sender and the Client as the recipient, will acknowledge acceptance of these terms either by selecting the "I have read and agree to the terms above" box, an e-mail noting acceptance, or acceptance is acknowledged at the beginning of any coaching sessions.

Electronic acceptance shall be considered legal and binding.

I, \_\_\_\_\_, agree to the terms above for nutrition coaching with Peachtree Integrative Nutrition. I have selected the \_\_\_\_\_ Package, which will begin on \_\_\_\_\_ and end on \_\_\_\_\_.