



Congratulations on your decision to join Weight Loss Remodelled. I am delighted you have joined us, as with any business I would like to draw your attention to the codes of practice and Terms and Conditions.

- I encourage a wide range of food and a healthy balanced diet, but as I am not prescribing a 'fixed' diet I cannot be held accountable for any limited food choices clients may make which could result in potential nutritional deficiencies or ailments. E.g. if you choose to live on less healthy choices that is entirely your choice.
- The test you will receive is a Muhdo DNA Health Test Kit, full details can be found out <https://www.annabellesmithwellnesscoach.com/dna-testing>
- The scale will be a Renpro highly rated smart scale, compatible with any smart phone <https://amzn.eu/d/iv0ifwf>. Both these items will be posted out to you immediately upon receiving the first payment.
- In the event that these items are out of stock from my supplier, I shall arrange a different brand offering the same functions of at LEAST the same value, or I will arrange for the same value to be refunded back to you.
- To secure your place on this programme an initial cost of £333 is payable. This will be followed by X3 further payments of £333 which are due every 4 weeks. You can make a £182 saving if you choose to pay upfront as a one-off payment of £1150.
- There is a 'cooling off period' of 7 days whereby you can receive a full refund if you change your mind. Once the plan has been written and received by the client (after 7 days) refunds will not be issued for any reason due to the time investment.
- Clients are advised this every plan is bespoke and written just for you and will not be suitable for someone else. This material is therefore protected by copyright laws and sharing or reproducing of its contents are strictly prohibited.
- Please let me know asap if you can no longer attend a coaching call - ideally 24 hours' notice as this will give me the opportunity to offer the appointment to another person.
- I (the client) will be diligent to inform you of any concerns during the process such as fatigue, changes in energy, moods or any adverse effects and I will you advised of any future health conditions that could affect matters.
- I (the client) have read this document in its entirety and answered/will answer the client questionnaire honestly. I agree to the above terms and conditions and understand of no reason why it would be not considered safe to commence this program at this stage.
- Within your coaching you can have as much contact from me as you need to feel supported, some clients are very self-sufficient whilst others need more, you set the pace of how much help you need so please do feel you can contact me anytime. My business hours are 8-6pm Monday – Friday and 8am until 1pm Saturday. Any messages outside these hours will be responded to as a matter of urgency as soon as I am back in my office.
- If you are purchasing this programme online, you are proceeding on the understanding that you have taken time to read these terms and that they are acceptable to you.
- This programme comes with a guarantee whereby any client who hasn't achieved more than the guaranteed minimum result will be given a further whole months 1:1 coaching for free (worth £333) to help them reach their target. Applications for this will need to be received in writing upon full completion of the programme and will be accessible to any client who has not lost *at least 1 stone in weight*. For this to be available every step must have been followed as per the below guidance.

*~ (I) The client must have completed the programme as per the intended timeframe of 12 weeks.*

*~ (I) The client will need to have completed a food diary of 12 weeks to demonstrate full adherence.*

*~ (I) This programme was written to have a cumulative effect i.e each week we will build on the previous weeks work, so if you miss a module/coaching call/check in, this will forfeit your guarantee as it is of course less likely you'll achieve results if you are not focused.*

These terms are in place to ensure full adherence to the programme, meaning you are most likely to get the best out of your investment. 50% effort will likely equal 50% results.

Name of Client:

Signature of Client:

Date: