

TERMS AND CONDITIONS

PLEASE READ THE FOLLOWING TO BETTER UNDERSTAND MY TERMS AND EXPECTATIONS

CHECK INS

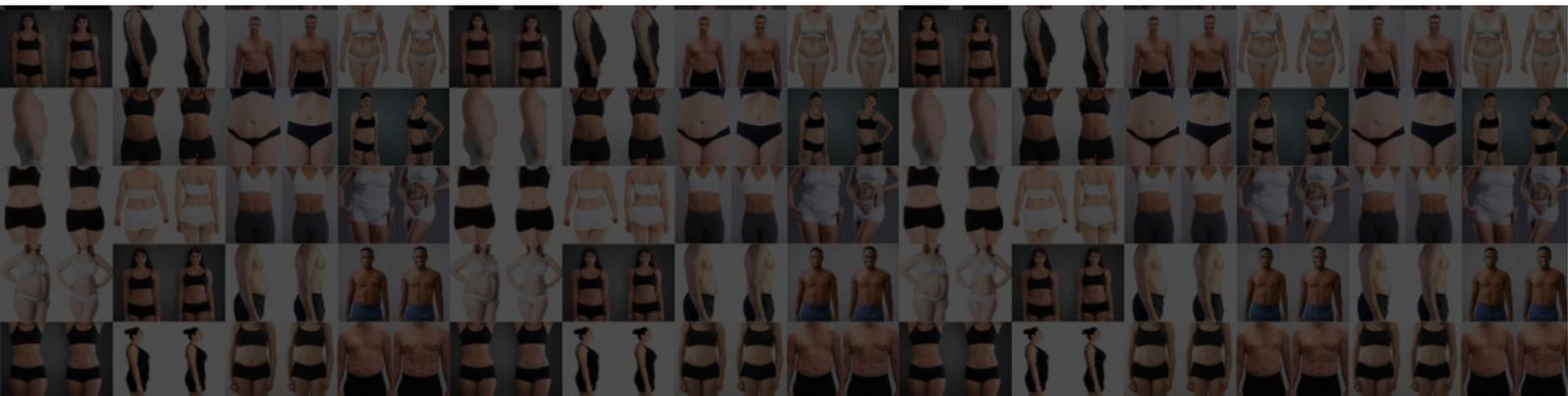
- CHECK-INS TO BE SENT IN FULL ON THE SET DAYS AGREED.
- YOUR CHECK IN DAYS ARE SET AND MUST BE ADHERED TO FOR YOU TO RECEIVE FEEDBACK
- HABITS NEED TO BE COMPLETED DAILY

NUTRITION PLANS AND TRAINING PLANS

- NUTRITION PLANS AND TARGETS SHOULD BE FOLLOWED TO THE BEST OF YOUR ABILITY
- TRAINING PLAN SHOULD BE FOLLOWED TO THE BEST OF YOUR ABILITY.
- CARDIO SHOULD BE FOLLOWED TO THE BEST OF YOUR ABILITY.

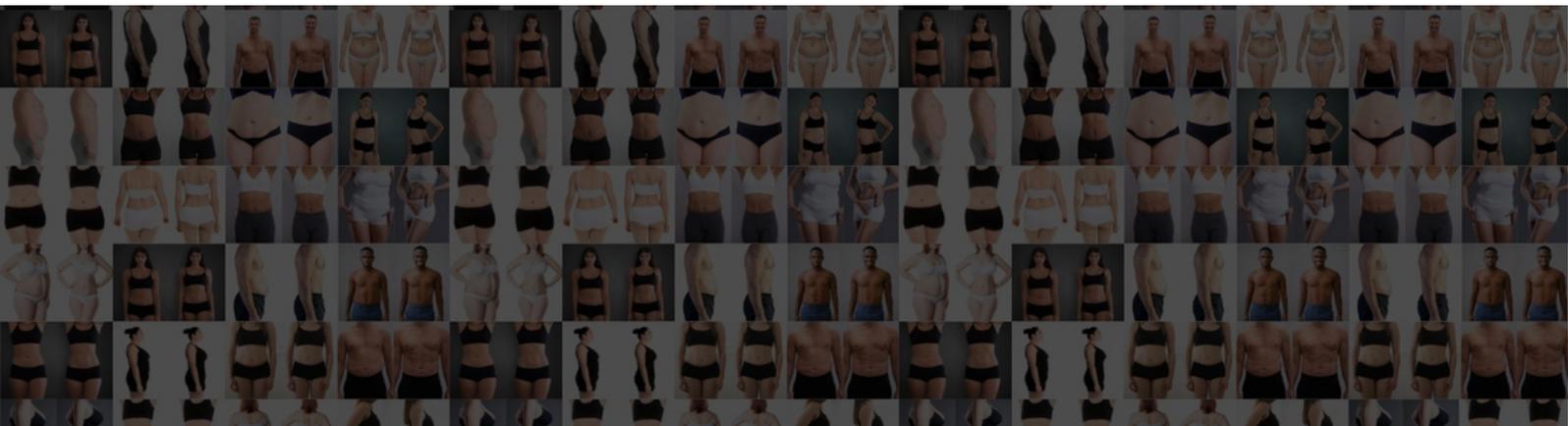
- ALL PLANS AND EXERCISE ARE ADVICE AND NOT PRESCRIPTIVE; WE RECOMMEND CONSULTING WITH YOUR DOCTOR OR MEDICAL PROFESSIONAL BEFORE EMBARKING IF YOU'RE UNCERTAIN.

- IF ANYTHING ARISES WHICH WOULD PREVENT YOU FROM FOLLOWING THE ABOVE, YOUR COACH NEEDS TO BE INFORMED ASAP, NEVER FOR JUDGEMENT BUT TO ASSIST.



TERMS AND CONDITIONS

- **COACHING HOURS ARE BETWEEN 8AM-8PM MON-FRI.**
- **IT IS AT MY DISCRETION TO RESPOND OUTSIDE WORKING HOURS (PERFORMANCE COACHES WITHIN THE TEAM ARE NOT EXPECTED TO REPLY OUTSIDE WORKING HOURS)**
- **FULL PLANS ARE NOT TO BE COPIED OR SHARED WITH ANYONE.**
- **FULL PLANS ARE NOT TO BE COPIED OR SHARED ON SOCIAL MEDIA**
- **WE AGREE TO PROVIDE A MINIMUM OF 2 WEEKS NOTICE PRIOR TO TAKING ANY HOLIDAY. DURING THIS TIME, WE WILL MAKE ARRANGEMENTS TO ENSURE THAT MY ABSENCE DOES NOT NEGATIVELY IMPACT MY CLIENTS. THIS MAY INCLUDE SETTING UP PLANS FOR THE DURATION OF ANNUAL LEAVE OR ARRANGING FOR COVER, AS NEEDED.**
- **THE FEES AND TERMS & CONDITIONS WILL BE REVIEWED BY THE SERVICE PROVIDER EVERY JANUARY AND A REVISED VERSION SENT TO THE CLIENT BY 1 FEBRUARY TO ENSURE CLIENTS ARE HAPPY WITH THE FEE (IF THIS HAS BEEN REVISED) AND THAT BOTH PARTIES ARE STILL HAPPY WITH THE TERMS & CONDITIONS.**
- **IF THIS AGREEMENT IS TERMINATED BY EITHER PARTY FOR WHATEVER REASON, NIKKI ANTONACCIO CAN RECALL ALL PLANS.**
- **TERMINATION OF THE PLAN BY EITHER PARTY AFTER THE INITIAL TERM NEEDS TO BE SENT IN WRITING WITH 1 MONTHS NOTICE**



TERMS AND CONDITIONS

6.1. THE COST OF THE PROGRAMME OR THE COURSE, WHICH IS PAYABLE BY YOU AND THE APPLICABLE PAYMENT METHODS ARE AS SET OUT IN SCHEDULE 1

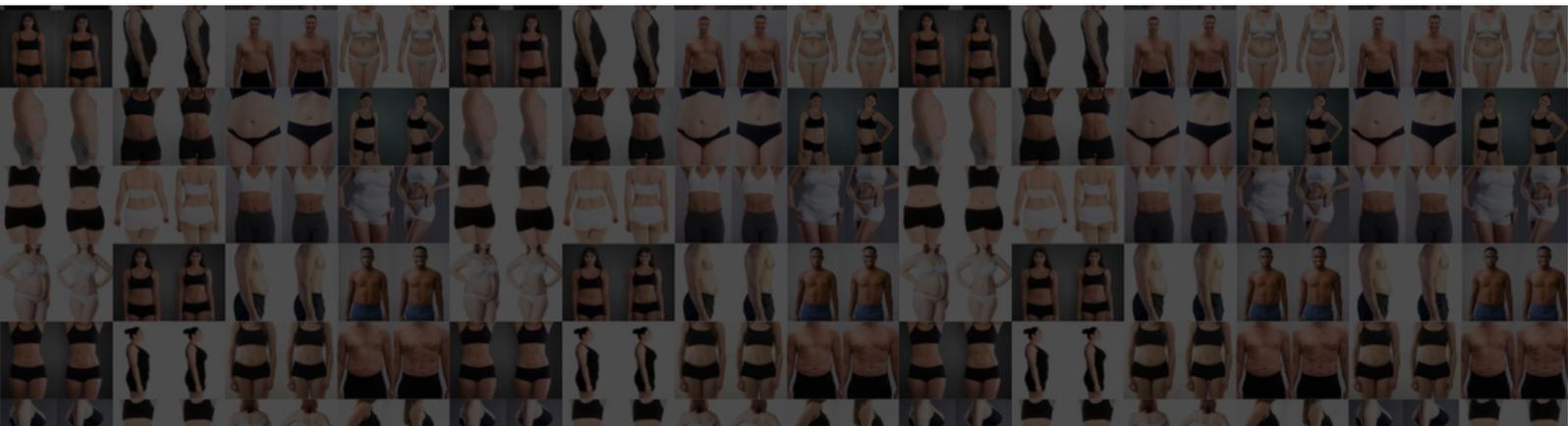
6.2. TIME FOR PAYMENT SHALL BE OF THE ESSENCE AND SHALL BE MADE WITHOUT DEDUCTION, SET OFF, OR ANY FORM OF WITHHOLDING EXCEPT AS IS REQUIRED BY LAW, AND CLEARED PAYMENT MUST BE RECEIVED BY US BEFORE YOU ARE ENTITLED TO ACCESS THE SERVICES.

6.3. THE COURSE FEE AND THE PROGRAMME FEE ARE BASED UPON OUR KNOWLEDGE AND EXPERIENCE AND THE TIME, EFFORT AND AVAILABILITY OF THE SERVICES AND ARE NOT BASED ON YOUR ACTUAL USAGE AND/OR LEVEL OF ATTENDANCE. YOU AGREE AND ACKNOWLEDGE THAT:

6.3.1. YOU SHALL NOT BE ENTITLED TO ANY FORM OF CREDIT TO OR DEDUCTION FROM THE COURSE FEE OR PROGRAMME FEE FOR ANY NON-ATTENDANCE OR LACK OF USAGE OF ANY PART OF THE SERVICES ON YOUR PART; AND

6.3.2. THE FEE IS PAYABLE IN FULL AND NON-REFUNDABLE UNLESS THE PROVISIONS OF CLAUSE 9.7 BELOW APPLY.

6.4. IF YOU CHOOSE TO PAY BY CREDIT OR DEBIT CARD THEN YOU AUTHORISE US TO CHARGE YOUR PAYMENT METHOD. IF IT IS REJECTED, OR FAILS, BUT YOU HAVE STILL RECEIVED ACCESS TO THE PROGRAMME, YOU AGREE TO PROVIDE FULL PAYMENT WITHIN 7 DAYS FROM ACCESS TO THE PROGRAMME BEING PROVIDED.



TERMS AND CONDITIONS

6.5. WHERE YOU HAVE OPTED TO PAY IN INSTALMENTS YOU IRREVOCABLY ACKNOWLEDGE AND AGREE THAT THIS IS NOT A SUBSCRIPTION AND THAT THE FULL PRICE REMAINS PAYABLE WHETHER OR NOT YOU CONTINUE TO THE END OF THE COURSE OR PROGRAMME. IF WE AGREE TO ACCEPT PAYMENT BY INSTALMENTS, YOU AGREE TO PROVIDE PAYMENT OF THE INSTALMENTS IN ACCORDANCE WITH THE INSTALMENT PLAN PROVIDED TO YOU AT THE TIME OF YOUR PURCHASE.

6.6. WE RESERVE THE RIGHT TO CHANGE THE COURSE FEE OR PROGRAMME FEE AT ANY TIME. ANY CHANGES WILL NOT AFFECT THE PRICE OF YOUR CHOSEN SERVICE WHERE PAYMENT HAS ALREADY BEEN MADE AND A WELCOME EMAIL HAS ALREADY BEEN SENT.

6.6 YOU ARE RESPONSIBLE FOR ENSURING THAT PAYMENT OF THE COURSE FEE OR PROGRAMME FEE OR ANY INSTALMENT OF THE FEES IS PAID IN FULL AND ON TIME IN ACCORDANCE WITH THE PAYMENT TERMS SET OUT ON THE SALES PAGE AND PAYMENT PAGE AT THE TIME OF YOUR PURCHASE.

7.2 NO REFUND POLICY SHALL APPLY TO YOUR PURCHASE OF THE SERVICES. SHOULD YOU CHOOSE NOT TO CONTINUE TO THE END OF THE COURSE OR PROGRAMME FOR ANY REASON FULL PAYMENT WILL STILL BE REQUIRED

YOUR PROGRAMME WILL MOVE INTO AUTOMATIC ROLLING MONTHLY PAYMENTS AFTER YOUR INITIAL TERM

