

TERMS AND CONDITIONS

PLEASE READ THE FOLLOWING TO BETTER UNDERSTAND MY TERMS AND EXPECTATIONS

CHECK INS

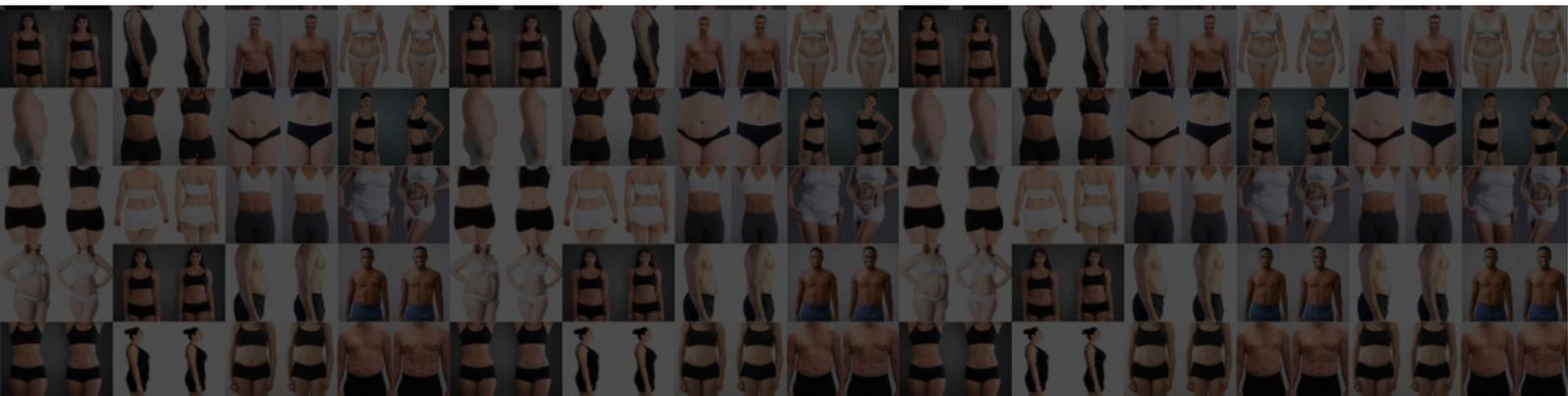
- CHECK-INS TO BE SENT IN FULL ON THE SET DAYS AGREED.
- YOUR CHECK IN DAYS ARE SET AND MUST BE ADHERED TO FOR YOU TO RECEIVE FEEDBACK
- HABITS NEED TO BE COMPLETED DAILY

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**

