

COACHING AGREEMENT

As your nutritionist and health coach, my role is to provide you with the strategy and pathway to improve your wellness, as well as hold you accountable to reaching your stated health goals.

- I will encourage you to identify your wellness vision, motivators, obstacles, and strategies to overcome your obstacles, and commit to improving your wellness.
- I will listen to you attentively and without judgment or our own agenda.
- Where possible I will ask questions and encourage you to arrive at your own answers.
- I will encourage realistic expectations and goals
- I will be direct and firm with feedback when needed.
- I will help identify creative solutions to get around roadblocks.
- I will provide advice and instruction for engineering wellness activities into your busy life.
- I will be responsive.

Your personal data and information will never be shared unless you provide permission for a testimonial or success photo to be shared on my website or social media.

YOUR COMMITMENT:

I, _____ am committed to the following:

- I want to improve my level of wellness.
- I believe that a higher level of wellness will bring me powerful benefits that is very important to me.
- I am ready to take responsibility to make and sustain changes in at least one area of wellness.
- I am ready to invest time to work on my wellness goals.
- I will be open and honest, and I will share personal information that is relevant to wellness.
- I am ready to become more self-aware.
- I am open to suggestions and trying new things.
- I understand that setbacks are normal on the path of change and necessary in order to establish new behaviors.
- I will be punctual and responsive. Even when I feel like hiding, I will communicate.
- I will ask for the support, feedback or resources I need from my coach.

- I will let you know as soon as possible if a problem or issue is developing that could seriously alter scheduling or showing up for my appointments.

Your Obligations

1. You are responsible for scheduling your appointments in the Healthie portal.
2. If you must cancel, you must do this on the Healthie app or on www.gethealthie.com with 5 hours' notice or you will forfeit the session.
3. If you wish to cancel your package, please use your remaining credits. Credits will not be refunded and you will lose them upon termination of your accountability package.
4. If you do not use your credits in a given month, they do roll over and you can "catch up." Please schedule these appointments inside the Healthie portal.
5. Please note that your package automatically bills monthly. By signing this agreement, you acknowledge you understand the package is on recurring billing.
6. If you wish to cancel or scale down your package, you will provide notice in writing before your billing date.
7. You acknowledge that you will not be refunded for unused sessions.
8. If you are unable to stick to a program and therefore do not achieve your desired results, you acknowledge that you are the one responsible.
9. You agree to attend your private appointments, take advantage of group coaching calls, take metrics, and use all the accountability tools at your disposal to achieve your desired results
10. You acknowledge you will be responsive in communicating with Kristina if you are unhappy in any way or need more support.