

Client Agreement & Coaching Terms

This Client Agreement ("Agreement") sets forth the terms and conditions governing the membership and coaching services provided by **THE GUD LYF** ("Company") to the clients ("Clients"). By subscribing to or participating in the services, Clients agree to be bound by the terms of this Agreement.

1. Nutrition Disclaimer

Clients acknowledge that any nutrition-related discussions, resources, or guidance provided by THE GUD LYF are for **general education purposes only**. They do **not** constitute a prescribed nutrition plan or medical advice. Any suggested calorie ranges or macronutrient targets are **estimates provided to support habit tracking and goal setting**, based on general healthy eating principles (e.g., the Australian Dietary Guidelines).

Clients are encouraged to consult a qualified health professional, such as an Accredited Practising Dietitian or General Practitioner, **before making significant dietary changes or if they have medical conditions, food allergies, or specific dietary requirements**.

2. Minimum Coaching Term & Cancellation Policy

- **Face-to-Face Weekly Sessions:** Clients must provide at least **24 hours' notice** to cancel a session.
 - Late cancellations are **non-refundable**, and clients remain liable for payment.
 - If a client **arrives late**, the session will end at the scheduled time; make-up sessions are at the discretion of THE GUD LYF.
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3. In-Person Training - Assumption of Risk & Informed Consent

Clients acknowledge that physical activity carries inherent risks. Participation in THE GUD LYF programs may include, but is not limited to, cardiovascular training, weight lifting, and other exercises.

3.1 Risks

Clients understand and accept that participation may involve:

1. Injury to the musculoskeletal or cardiorespiratory systems, which could result in serious harm or death.
2. Injury or death resulting from negligence on the part of the client, others present, or improper use of equipment.
3. Injury or death related to pre-existing medical conditions.
4. Adverse physical reactions such as abnormal blood pressure, fainting, heart rhythm disorders, stroke, or, in rare instances, heart attack or death.

3.2 Assumption of Risk & Liability Waiver

By signing this Agreement, Clients **voluntarily assume all risks** associated with participation. To the fullest extent permitted by law, Clients **release, waive, discharge, and hold harmless THE GUD LYF, its owners, employees, agents, and contractors** from any liability for injury, illness, or death sustained during or as a result of participation, **except where caused by gross negligence or intentional misconduct**.

Clients agree to:

- Follow trainer instructions and use equipment safely.
 - Report any injuries, medical conditions, or concerns before and during participation.
 - Seek medical advice if unsure about suitability for exercise.
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4. Pre-Existing Conditions & Medical Clearance

Clients certify that they are not aware of any medical condition that would increase their risk during exercise. Clients are **strongly encouraged to seek medical clearance** from a healthcare professional prior to starting a program.

5. Photography / Media Use

Clients may be asked to provide consent for use of progress photos, videos, or testimonials for promotional purposes. Consent is voluntary, and refusal does not affect services.

6. Entire Agreement & Governing Law

This Agreement constitutes the entire understanding between THE GUD LYF and the Client regarding the coaching services and supersedes any prior agreements or understandings, whether written or verbal.

- Any modifications to this Agreement must be made in writing and agreed upon by both parties.
 - This Agreement is governed by the laws of the State/Territory in Australia where services are provided. Any disputes arising shall be resolved in the courts of that jurisdiction.
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7. Acknowledgment & Consent

By checking the acknowledgment box on the Pre-Exercise Screening Form, the Client confirms that they:

- Have read, understood, and agree to the terms and conditions outlined in this Agreement.
- Understand that this information will be used for health screening purposes.
- Voluntarily consent to participate in THE GUD LYF's training program and accept the associated risks described in this document.

