I hereby request and consent to the performance of Prolific Health and Wellness Coaching by the coach named below.

The services will provide guidelines and information about my nutritional pattern, behavior changes and lifestyle within my control. I fully understand health and wellness coaches do not diagnosis or treat any medical conditions, dispense medical advice, or substitute medication, medical care and is not a physician nor child care service. If the client is under the care of a health care professional or currently taking prescription medications, the client should in defiantly discuss dietary change and behavior changes and should not discontinue services prescription medication or services with the health care profession without consulting with the doctor first. The client should at all cost continue care with health care professional.

However, coaches will simply be provided knowledge and education through nutritional support, emotional awareness. With methods of evaluations or testing as a guide to developing an appropriate supportive program for the client and monitor my progress as I achieve my goals. Therefore, I will provide all truthful information about my health and update any changes about my health in the future due to potential contraindications in order to obtain the health and wellness services. I herby contest I am fully aware the services provided from Prolific Health and wellness do not work alone, it can show effectiveness as a team effort from (the coach and I) I am hereby liable to be at a state of readiness and willing to work towards life style changes.

I understand that the Prolific health and wellness coaches shall not be held liable of damages arising from personal injuries sustained by the client during or after a session, the session are solely at the client’s own risk. Clients assumes full responsibilities for any injuries or damages which may occur during and/or after the session. I hereby and forever release and discharge Prolific Health and wellness Coaching its agents from all injuries, damages, claims right of action in the present and future.

Payment policy: I am aware cost of Prolific Health and wellness coaching is 45- 100 dollars pricing may vary according the client’s needs, time and situations that may arise. Payment to be made in full after signing of consent. Sessions are as following 2-3 session a month and is aware sessions may last up to 12-24 weeks, 6 months or a year, depending solely on the client needs and progression on the clients behave and the client’s corporation.

Cancellation Policy: A 24 hour noticed is requires for cancellation of your appointment. After 2nd No call, no show the client will not be rescheduled. A letter of dismissal of services may be mailed to the client if the Health Coach feels or experience harm or disorderly conduct from the client at any given time.

All information’s will be strictly confidential according to HIPAA state rules and regulations and will remain with your Prolific Health and Wellness Coach under lock and key, unless written consent is given. However, all client’s information will be release to Health care providers at the provider or clients request, with the client full aware.

Your signature below indicates that you have read this agreement and voluntarily agree to the terms.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_