

Women's Wellness Coaching Cancellation Policies

I. Food Freedom Formula Program (Group and 1:1)

Program Commitment

The Food Freedom Formula is a 12-week transformational coaching experience. Enrollment represents a full commitment to the entire program duration. This ensures continuity, group cohesion, and maximum results for everyone participating.

Refund & Cancellation Policy

- Refund Window: Cancellations must be requested in writing within 7 days of purchase and before the program officially begins for a full refund.
- After Program Start: Once the program has started, no refunds will be issued. Participants are expected to honor their commitment and complete the program.
- Missed Sessions: If you miss a live group session, replays (if available) will be provided. Missed 1:1 calls cannot be refunded but may be rescheduled within the same program cycle, with at least 24 hours' notice.
- Emergency Exceptions: In the event of unforeseen circumstances (serious illness, family emergency, etc.), requests will be reviewed individually, and credit toward a future round of the program may be considered at Jennifer's discretion.

II. Standalone 1:1 Coaching Packages

Scheduling & Cancellations

- Sessions must be scheduled within the agreed-upon coaching period (for example, 3 or 6 months).
- You may reschedule a session with at least 24 hours' notice.

- Cancellations made with less than 24 hours' notice or "no-shows" will be considered a used session and are not refundable or transferable.

Refund Policy

- Refunds are not provided once the coaching package has begun.
- Coaching is a collaborative process, and results depend on your participation, honesty, and implementation. Because of the nature of this work, outcomes cannot be guaranteed.

Pausing or Deferring

- You may pause your coaching for personal or health reasons for up to 30 days, with approval. After that, remaining sessions will be forfeited unless other arrangements are made in writing.

✦ My goal is to honor both your growth and my time as your coach. These policies are designed to support mutual accountability and respect, ensuring each client receives the highest level of care and commitment throughout their coaching experience.