

# Strong Foundations Coaching Agreement & Disclaimer

**Coach:** Sheri McBee, Expose Wellness

**Client:** \_\_\_\_\_

**Program:** *Strong Foundations 12-Week Coaching Program*

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## 1. Purpose & Scope

The purpose of this program is to provide education, guidance, and support in building healthy lifestyle habits through structured learning modules, worksheets, and resources. This program does **not** include diagnosis, medical treatment, or individualized medical advice.

## 2. Coach Role

- I will provide general education and support in nutrition, lifestyle, toxin reduction, and wellness strategies.
- I will encourage you to set your own goals and practice new habits.
- I am not acting as a medical doctor, dietitian, or licensed therapist.

## 3. Client Responsibility

- You acknowledge that your success depends on your own participation, decisions, and commitment.
- You are responsible for consulting with your physician or qualified healthcare provider before making changes to your diet, movement, supplements, or lifestyle.
- You may choose whether to share your completed worksheets and trackers with me or keep them private.

## 4. Payment & Refunds

- The program fee is a one-time payment of \$599.

- Refunds are available within the first **7 days of program start** if you decide it's not the right fit.
- No partial refunds are available beyond this point.

## 5. Risks & Release of Liability

- Lifestyle changes, including nutrition and movement, carry inherent risks. You acknowledge these risks and voluntarily assume full responsibility.
- You agree to release and hold harmless Sheri McBee and Expose Wellness from any claims, damages, or liabilities that may result from participation.

## 6. Confidentiality

- All information you choose to share will be kept confidential.
- Worksheets and trackers are optional to share — you may keep them for personal use if you prefer.

## 7. Communication

- Coaching support will be provided through program materials and email (or other agreed methods).
- Please allow up to 48 hours for responses.

## 8. Acknowledgement & Consent

By signing below, you acknowledge that you have read, understood, and agree to the terms of this Coaching Agreement, Disclaimer, and Waiver.

**Client Name (print):** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Coach Name: Sheri McBee**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_