

Coaching Contract

Terms of Engagement & Consent Form between Health Coach and Client

Good nutrition and exercise support the body's natural defences and resistance to disease. However, no claim can be made about the efficacy of any advice given.

The Health Coach

- Health Coach advice will be tailored to support medically diagnosed conditions and/or health concerns agreed and identified by the two parties.
- Health Coaches are not permitted to diagnose or claim to treat medical conditions.
- Health Coach advice is not a substitute for professional medical advice and treatment.

The Client

- You are responsible for contacting your medical doctor or specialist about any health concerns you may have.
- Please advise your medical doctor of the health coach protocol you will be following. Also advise any other natural medicine therapist you are consulting.
- It is important that you tell your Health Coach about any medical diagnosis you have received any prescription medication, natural remedies, and supplements or over the counter medication you are taking as it may affect the health coach programme.
- If you are unclear about any part of your plan, then you should contact me immediately for clarification. Your Health coach programme will have a time frame and you should not continue with recommendations outside of this unless agreed by your health coach. This is to avoid any adverse reactions.
- Please report any concerns about your programme to your health coach for discussion at your next consultation.

I understand the above and agree that our professional relationship will be based on the above content of this document.

Signed Agreement:

Client Name:

Health Coach:

Signature:

Signature:

Date:

Date: