



Team Wellness Agreement

Name

Date

Address

Congratulations on your decision to participate in the Hydrate Texas Running Team!

With the help of your personal wellness team, you will greatly improve your ability to accomplish your health and fitness goals faster, safer, and with maximum benefits. The details of this program and knowledge gained can be used for a lifetime.

In order to maximize progress, it will be necessary for you to follow program guidelines during supervised (if applicable) and unsupervised training days. Remember, exercise and healthy eating are **EQUALLY** important!

During your program, every effort will be made to assure your health and safety. However, as with any exercise program, there are risks, including increased heart stress and the chance of musculoskeletal injuries. In registering for this program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program.

A physician's examination is recommended for (1) all participants with any exercise restrictions; and (2) all men greater than 45 years old and all women greater than 55 years old. Team participants in either or both of these categories who do NOT have a prior physician examination **MUST** acknowledge they have been informed of its importance. By signing below, you accept full responsibility for your own health and well-being **AND** you acknowledge an understanding that no responsibility is assumed by the leaders of the program.

It is recommended that all program participants work with their Hydrate Texas team coach at minimum once a month. Weekly exercise programs, dietary recommendations, and educational information will be sent via email.

Payment is due at time of user registration via invoice and automated payment options, including PayPal and by credit card (paid by Stripe or similar processor).

- \$40 one time registration fee-waived with re-enrollment

- \$160 monthly membership
- 10% Savings if paid in full

Personal Wellness Terms and Conditions

1. Sessions &/or running events that are not rescheduled or cancelled 24 hours in advance will result in forfeiture of the session and a loss of the financial investment at the rate of one session (\$40 for coaching session/same-day event fee for event).

2. Team members arriving late for coaching sessions will receive the remaining scheduled session time, unless other arrangements have been previously made with the program coach.

3. A minimum of 4 events are to be completed during the program and approved in advance by Hydrate Texas coach. Hydrate Texas will provide a list of preferred running events at start of contract.

4. During program team members will be eligible to receive (Valued @ \$1947):

- Hydrate Texas Team Shirt (\$25 value)
- Paid entry to 4 running events (\$200 value)
- Wellness Genetic Report (\$175 value)
- Monthly IV Vitamin Infusion (\$1230 value)
- Daily access to nurse coach (\$75 value)
- Weekly training/exercise plan via email to use at your discretion. (\$20 value)
- 6-month gym membership (\$222 value)

5. Additional services are available with purchase.

4. The team running program requires completion of all nurse coach sessions and events within 180 days from the date of the contract. The program to include payments thereof is void after this time period unless other arrangements are made prior to completion.

5. No refunds will be issued for any reason unless, including but not limited to relocation, illness, and unused sessions & events.

Automatic Draft Agreement

By signing below, I am authorizing Hydrate Texas to debit my checking, credit card, or savings account for my monthly membership payments, any fees as outlined in above contract, as well as any additional purchases made.

I understand that the amount debited monthly will include any changes as described above.

I understand that payments due on a weekend or holiday will be debited on the next business day.

Hydrate Texas reserves the right to revoke this authorization in the event of a Stop Payment on a Draft

without prior notification; preparation of a payoff quote; account closed without prior notification, and/or two or more insufficient drafts during the 180 day contract. If my membership becomes delinquent, I understand that the automatic payment may not occur, and I will be responsible for any late charges or penalties.

I understand that Hydrate Texas requires at least 5 business days prior written notice in order to cancel or change this authorization. Notification must be mailed to the address shown below or emailed to info@Hydrate-Texas.com.

Signatures

Client Signature

Date

Guardian's Signature (required under the age of 18)

Date

Hydrate Texas

13425 Blackberry Road

Salado, Texas 76571

Hydrate Texas Representative Signature

Date