

**HEALTH COACH WRITTEN AGREEMENT TO CONFIDENTIALITY AND
COMMITMENT OF CLIENT TO PARTICIPATE IN OBJECTIVES AND GOALS FOR
HEALTH AND WELLNESS PROGRAM**



As your Health Coach, I, Sandra Harper will provide curated program for healthy weight loss process and general wellness, to fit the needs of the client whose signature is noted below. The client will commit to partake in her program to carry out activities that are identified.

All information shared from the client is confidential as no name or no identifying information of the individual is shared beyond the coach/client relationship.

Fees are \$40.00 per session whether by telephone, online, or Zoom call. Monthly payments are \$150.00 when paid in full at beginning of the month.

(Printed)

Name of Client

Signature of Client

Date of Signature

(Printed)

Name of Health Coach

Signature of Health Coach

Date of Signature