



KING FITNESS COACH

CLIENT AGREEMENT

Coaching Success Starts Here

General fitness and nutrition coaching

PLEASE READ BEFORE SIGNING

This agreement is provided for informational purposes only and is not legal advice. Consider having an attorney review it before you sign. Complete all blanks that apply to your coaching plan and keep a copy for your records.



CLIENT AGREEMENT

RISK, RELEASE & SCOPE

Understanding what coaching is and is not

Please read every section before signing

1 ASSUMPTION OF RISK / RELEASE AND WAIVER OF LIABILITY

Participation in exercise, strength training, conditioning, nutrition changes, and related activities involves risks, including soreness, sprains, strains, falls, illness, aggravation of a condition, serious injury, disability, and death. You voluntarily choose to participate and assume the risks that may arise from the activities, the instructions, the equipment, and your own decisions.

You agree to follow instructions within your ability, use equipment responsibly, stop when you experience unusual pain or symptoms, and promptly communicate any concern. To the fullest extent permitted by applicable law, you release and hold harmless Nathaniel King and King Fitness Coach, and their owners, representatives, contractors, and service providers, from claims arising from your participation, except to the extent caused by conduct that cannot legally be released or waived.

IMPORTANT

Coaching is not a substitute for medical care. If you have chest pain, severe shortness of breath, fainting, an acute injury, or another urgent concern, stop and contact a qualified medical professional or emergency service.

2 LIMITATION OF LIABILITY

To the fullest extent permitted by law, King Fitness Coach will not be liable for indirect, incidental, special, consequential, exemplary, or punitive damages, or for lost profits, lost data, or loss of opportunity, arising out of or related to coaching or this agreement.

To the fullest extent permitted by applicable law, the total aggregate liability of King Fitness Coach for claims arising out of or related to the coaching relationship will not exceed the amounts you paid for coaching during the 6 (six) months immediately before the event giving rise to the claim. This cap does not apply to liability that cannot legally be limited.

3 SCOPE OF SERVICES

Coaching provides general fitness, exercise, habit, and nutrition education; individualized training and nutrition guidance; check-ins; accountability; and reasonable adjustments based on the information you provide. Coaching provides general education and support. It is not medical care, diagnosis, treatment, physical therapy, mental-health care, or a substitute for advice from a licensed healthcare professional.

You are responsible for deciding whether an activity is appropriate for you and for obtaining medical clearance when appropriate. King Fitness Coach does not provide emergency services and cannot guarantee that every recommendation will be appropriate for every person or circumstance.

CLIENT AGREEMENT

BILLING & FLEXIBILITY

Payment, Cancellation & Pausing

Please keep a copy for your records

4 RECURRING BILLING AND PAYMENT AUTHORIZATION

Weekly and monthly coaching renews automatically until cancelled. Before enrolment, the amount, billing frequency, and billing date for your coaching plan are disclosed to you. You affirmatively authorize King Fitness Coach and its payment processor at sign-up to charge the payment method you provide for the coaching plan, taxes if applicable, and other amounts you separately authorize. You are responsible for maintaining a valid payment method and for keeping a copy of your billing schedule.

Your billing schedule is: _____. If a payment fails, you authorize reasonable retry attempts and agree to update your payment information promptly. A payment dispute does not automatically cancel coaching or future charges.

5 CANCELLATION, REFUNDS AND PAUSING

Weekly and monthly coaching renews automatically until cancelled. The amount, billing frequency, and billing date are disclosed to you before enrolment, and your affirmative authorization for recurring charges is taken at sign-up.

You may cancel at any time by email to nathaniel@kingfitnesscoach.com or through the coaching app, with no advance notice and no penalty. Cancellation stops all future charges, and your request will be confirmed to you in writing.

If a charge has already been processed, you may request a pro-rata refund for the unused portion of the coaching period, less only a reasonable, cost-based administrative fee that is disclosed in advance. No percentage penalty applies. At your election, any unused coaching time may instead be credited toward future coaching.

Your statutory rights are not limited, and clients in some states may have additional cancellation or refund rights.

You may request a pause at any time for a personal, medical, financial, or other reason. Send the request through the coaching app or email nathaniel@kingfitnesscoach.com. Any remaining unused coaching time will be available when you return, subject to your plan and applicable laws.

IMPORTANT

Review your billing schedule before enrolling and keep a copy for your records. Cancellation is easy and penalty-free: email nathaniel@kingfitnesscoach.com or use the coaching app, and we will confirm your request in writing.

CLIENT AGREEMENT

CLIENT COMMITMENT

How We Make Progress

Consistency and honest feedback

6 CLIENT COMMITMENT

This coaching program works best as a two-way partnership: I provide the roadmap, feedback, and adjustments; you put the plan into action. You agree to make a good-faith effort to:

- Maintain open communication and check the coaching app regularly, including notifications and messages.
- Track meals as requested and be honest about what you eat, including meals away from home.
- Complete scheduled workouts and log weights and repetitions when your plan calls for it.
- Reschedule a missed workout in the app when possible and notify me of the change.
- Complete scheduled check-ins, including requested weight, measurements, and progress photos.

If a scheduled check-in is not submitted, your next workouts, macros, or meal-plan adjustments may be delayed until I can review your progress. Accurate check-ins allow coaching adjustments to be based on what is actually happening.

7 CLIENT ACKNOWLEDGEMENT

By signing, you confirm that you have read and agree to this agreement, including the communication expectations, recurring billing, cancellation, pause, refund, risk, and commitment policies. You understand that results vary and depend on factors including your consistency, effort, health, starting point, and individual circumstances.

A NOTE FROM YOUR COACH

I put real time and energy into helping you succeed. If you communicate fully and follow the plan, you will be giving yourself the strongest possible foundation for progress. Thank you for trusting King Fitness Coach with your goals.

CLIENT AGREEMENT

HEALTH & SAFETY

Information That Helps Us Coach Safely

Share what may affect your plan

8 HEALTH & SAFETY INFORMATION AND CONSENT TO COLLECT IT

This section helps identify information relevant to safe exercise and nutrition coaching. It is not a medical assessment or diagnosis. You agree to provide accurate, current information and to update King Fitness Coach if a health condition, medication, injury, or other relevant circumstance changes.

You consent to King Fitness Coach collecting and using the health and safety information you provide to tailor and adjust exercise selection, intensity, volume, and nutrition guidance, and to screen for safety, as well as for coaching intake, progress review, communication, and reasonable program adjustments. This information is reviewed by the coach, Nathaniel King, who has a clinical nursing background. King Fitness Coach will handle the information for these purposes and will not sell it. You should complete and return sensitive information only through a secure method.

Consent and limits. Coaching is not medical care, diagnosis, or treatment and does not create a provider-patient relationship. You may decline to provide information, but doing so may limit the ability to tailor coaching safely. This consent does not authorize medical diagnosis or treatment and does not replace your conversation with a licensed healthcare professional. Please consult a licensed healthcare professional regarding medical concerns or before beginning or changing an exercise program when appropriate.

9 PROGRESS PHOTOS AND TESTIMONIAL TERMS

You may be asked to submit progress photos, measurements, check-in information, or exercise videos so progress and program fit can be evaluated. You retain ownership of your images and personal information. King Fitness Coach may use them internally to provide coaching and compare progress as part of your program.

Any public use of your name, image, likeness, progress photos, written statement, audio, or video as a testimonial requires your separate, optional release below. Declining the optional release will not affect your coaching services, billing, or access to the program.

Optional separate release. I authorize King Fitness Coach to use my testimonial and/or selected progress materials for marketing or educational purposes: ☐ Yes ☐ No Initials: _____

CLIENT AGREEMENT

OWNERSHIP & ELIGIBILITY

Protecting the plan and checking fit

A clear foundation for a useful coaching relationship

10 INTELLECTUAL PROPERTY

King Fitness Coach retains all rights in its coaching methods, written materials, programs, templates, videos, graphics, exercises, workflows, and other content provided to you, except for information you independently own. You receive a limited, personal, non-exclusive, non-transferable license to use the materials for your own coaching participation.

You may not copy, publish, sell, license, distribute, upload, share, teach, or create competing products from the materials without prior written permission. This section does not prevent you from using general knowledge, skills, or habits you learn through coaching.

11 ELIGIBILITY AND HEALTH REPRESENTATIONS

You represent that you are at least 18 years old, or that a parent or legal guardian has reviewed and signed where required. You represent that the information you provide is accurate to the best of your knowledge and that you will promptly disclose new symptoms, limitations, diagnoses, medications, injuries, or other facts that may affect exercise or nutrition guidance.

You understand that King Fitness Coach may ask you to obtain medical clearance or may modify, pause, or decline coaching when a condition appears outside the scope of general coaching. You will not begin or continue an activity that a licensed healthcare professional has advised you to avoid.

CLIENT AGREEMENT

TERMS & DISPUTES

How This Agreement Ends

Clear expectations protect both sides

12 TERMINATION

Either party may terminate coaching by written notice. Your cancellation, refund, and pause rights are described in Section 5. King Fitness Coach may suspend or terminate services for nonpayment, unsafe conduct, repeated failure to provide needed information, misuse of materials, violation of this agreement, or circumstances that make coaching inappropriate or impracticable.

Termination does not eliminate amounts already due, payment obligations incurred before termination, confidentiality or intellectual-property obligations, or provisions that by their nature should continue, including risk allocation, limitations of liability, dispute resolution, and governing law.

13 RESULTS DISCLAIMER

King Fitness Coach does not guarantee weight loss, muscle gain, a particular body composition, health outcome, performance level, or timeline. Results depend on many factors, including starting point, genetics, health, sleep, nutrition, effort, consistency, adherence, stress, and circumstances outside the coach's control. Testimonials and examples are not guarantees of your results.

14 DISPUTE RESOLUTION AND GOVERNING LAW

Before filing a formal claim, the parties agree to communicate in good faith and attempt to resolve the dispute informally. If a dispute cannot be resolved informally, it will be resolved in the courts located in the State of New York, and the parties consent to that venue, unless applicable law requires another forum or process. This agreement is governed by the laws of the State of New York, without regard to conflict-of-law rules. Nothing in this section waives a right that cannot legally be waived, including any non-waivable consumer protection, small-claims, or other statutory right.

CLIENT AGREEMENT

GENERAL TERMS

Sign, communicate, and keep your copy

Simple terms for a strong working relationship

15 ELECTRONIC SIGNATURE CONSENT

You consent to conduct this transaction electronically, to receive disclosures and communications electronically, and to sign this agreement by typing your legal name, checking a box, using an electronic signature platform, or another electronic method intended to authenticate your acceptance. An electronic signature has the same effect as a handwritten signature to the fullest extent permitted by law.

You may request a paper copy or withdraw consent to electronic communications by contacting King Fitness Coach. Withdrawal does not affect the validity of records or signatures already provided.

16 GENERAL BOILERPLATE

Entire agreement. This agreement, together with any plan-specific written terms you accept, is the entire agreement concerning coaching and replaces prior discussions on the same subject.

Severability. If a provision is found unenforceable, it will be modified or severed only to the minimum extent necessary, and the remaining provisions will continue.

No waiver. A failure to enforce a provision is not a waiver of the right to enforce it later.

Assignment. You may not assign this agreement without written consent. King Fitness Coach may assign it in connection with a business transfer or as permitted by law.

17 NOTICES, FORCE MAJEURE, AND CHANGES

Notices. Notices about billing, cancellation, pausing, or this agreement should be sent through the coaching app or to nathaniel@kingfitnesscoach.com. A notice is effective when received or when written confirmation is provided.

Force majeure. Neither party is responsible for delay or failure caused by events outside reasonable control, including natural disaster, illness, outage, governmental action, labor disruption, or an emergency, except for payment obligations already due.

Changes. King Fitness Coach may update program procedures or future terms by written notice. A material change to the terms governing your current paid period requires your acceptance to apply to that period, except where a change is required by law.

CLIENT INTAKE

YOUR SCHEDULE & GOALS

Share what will help your plan fit real life

Complete the following so your coaching plan can be built around your real schedule, preferences, and goals

This intake includes a separate Health & Safety Information section so your coach can build and adjust training and nutrition around your circumstances safely. Please list practical details that will help build a plan you can follow consistently, and complete the health section privately through a secure method.

WHAT DO YOU DO FOR WORK?**TYPICAL WORK HOURS**

WHAT ARE YOUR FITNESS GOALS?

CURRENT ACTIVITY LEVEL**USUAL SLEEP PER NIGHT**

DESCRIBE YOUR NORMAL WEEKDAY ROUTINE

Include work, commute, family responsibilities, meals, and free time.

CLIENT INTAKE

FOOD HABITS & PREFERENCES

Practical nutrition that you can enjoy

Your honest answers help create a plan you can follow consistently

Your honest answers help create a plan you can follow consistently. For allergies and medical details, please use the separate Health & Safety Information section and return it only through a secure method.

FOODS YOU ENJOY EATING REGULARLY

FOODS YOU PREFER TO AVOID OR DO NOT EAT

DO YOU COOK YOUR OWN MEALS?

HOW OFTEN DO YOU SNACK, INCLUDING LATE-NIGHT?

DESCRIBE A TYPICAL DAY OF EATING

Include meals, snacks, drinks, restaurant meals, and timing.

CLIENT INTAKE

TRAINING & PLAN PREFERENCES

Set up a plan you can execute

Tell me what you have tried and what support will make the biggest difference for you

DESCRIBE YOUR PRIOR TRAINING HISTORY AND EXPERIENCES

WHAT HAS WORKED WELL FOR YOU IN THE PAST?

WHAT HAS NOT WORKED WELL FOR YOU IN THE PAST?

EXERCISE EQUIPMENT AVAILABLE

REALISTIC TRAINING DAYS PER WEEK

WHEN DO YOU PREFER TO TRAIN?

BIGGEST OBSTACLE TO REACHING YOUR GOALS?

WHAT COACHING SUPPORT WOULD HELP YOU MOST?

ANYTHING ELSE COACH NATHANIEL SHOULD KNOW?

CLIENT INTAKE

HEALTH & SAFETY INFORMATION

Please answer accurately before training

This information helps identify details relevant to safe exercise and nutrition coaching

This section is not a medical assessment or diagnosis. Please complete it privately and return it only through a secure method.

MEDICAL HISTORY OR HEALTH CONCERNS RELEVANT TO EXERCISE

FAMILY MEDICAL HISTORY RELEVANT TO EXERCISE

MEDICATIONS YOU CURRENTLY TAKE

ANY PREVIOUS SURGERIES OR INJURIES THAT AFFECT EXERCISE?

ALLERGIES OR FOOD SENSITIVITIES

SUPPLEMENTS YOU CURRENTLY USE

☐ I understand that I should consult a licensed healthcare professional regarding medical concerns and before beginning or changing an exercise program when appropriate.

SECTION 18

CLIENT ACCEPTANCE

Sign Your Agreement

Complete all fields before submitting

This form may be completed electronically. Please review the full agreement before signing. A copy should be retained by both you and King Fitness Coach.

CLIENT FULL NAME

EMAIL ADDRESS

PHONE NUMBER

COACHING PLAN

START DATE

BILLING DATE / SCHEDULE

CONFIRMATION

☐ I have read and agree to the King Fitness Coach Coaching Agreement. I understand the communication, billing, cancellation, refund, pause, risk, liability, and commitment policies described in this document. Check this box to confirm your acceptance.

CLIENT SIGNATURE (TYPE FULL LEGAL NAME)

DATE

Coach: Nathaniel King | King Fitness CoachQuestions before signing? Call or text 657-819-4278 or email nathaniel@kingfitnesscoach.com.