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**Informed Consent**

1. I understand that my participation is voluntary and that I may withdraw at any time by notifying my coach via text or email.

2. I understand that if I cannot make an appointment, I will contact my coach at least 24 hours in advance if an unavoidable conflict arises. A no-show fee of $20.00 may be applied to your account.

3. I am aware that health coaches are not healthcare providers and coaching does not replace seeing a licensed physician.

4. I understand that this coaching relationship is not to be considered or construed as psychological counseling or any type of therapy or medical intervention.

5. I understand that coaching is its own unique process that draws upon strategies for goal attainment and my health coach will guide me towards reaching my health and wellness goals.

6. I am aware that coaching results cannot be guaranteed. I am responsible for the choices and decisions in my life.

7. I understand that the coach may release me from coaching for any reason, including but not limited to inappropriate behavior.

8. I agree that I will not hold the coach liable for any actions I may take as a direct or indirect result of any specific referral or advice given by the coach.

9. As a client I understand and agree that I am fully responsible for my well-being during my coaching sessions, including my choices and decisions.

CONFIDENTIALITY: My coach, by signing this form, affirms that she will maintain strict confidentiality regarding all information shared by me; with the following exceptions: if my coach has reasonable cause to believe there are threats of serious harm to myself, or others, she shall be obliged to report the situation to the proper authorities.

Client Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Client Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_