

# The Best You — Personal Training & Meal Planning Services

## Terms and Conditions

**Last Updated:** 2/19/26

These Terms and Conditions govern the purchase and use of personal training, nutrition coaching, and meal planning services provided by **The Best You**. By purchasing or participating in our Services, you agree to these terms.

### 1. Services Provided

The Best You offers virtual services including but not limited to:

- Personalized fitness training programs
- Meal planning and nutrition coaching
- Health and lifestyle coaching
- Virtual 1:1 coaching sessions
- Exercise programming and accountability support

Services are designed for educational and fitness purposes only and are not medical advice.

### 2. Eligibility & Requirements

By enrolling in Services, you agree:

- You are at least 18 years old.
- You will provide accurate health and personal information.
- You are physically able to participate in exercise.
- You will consult a physician before starting any fitness or nutrition program if you have medical conditions, injuries, or concerns.
- Results are not guaranteed and require client participation and consistency.

We reserve the right to refuse service if participation may pose a health risk.

### 3. Client Responsibilities

Clients agree to:

- Follow provided instructions safely.
- Communicate health changes or injuries immediately.
- Attend scheduled sessions on time.
- Use programs for personal use only (not share or distribute materials).

### 4. Term Length of Agreement

The length of your agreement depends on the service purchased:

- Monthly coaching plans run for a minimum of **30 days** unless otherwise specified.
- Program packages run for the duration stated at purchase.
- Services begin on the purchase date or first scheduled session.

Your specific term will be disclosed at checkout or in your service agreement.

## 5. Renewal Terms

Some services operate on a recurring subscription basis.

- **Automatic Renewal:** Monthly services automatically renew every billing cycle unless cancelled.
- **Billing Frequency:** Every 30 days (or as specified at purchase).
- **Preventing Renewal:** Clients must cancel before the next billing date to avoid charges.
- **How to Stop Renewal:** Cancellation requests must be submitted at least **7 days before the next billing date**.

Failure to cancel before the renewal deadline results in continued charges.

## 6. Fees, Charges, and Payment Terms

- All fees are disclosed at purchase.
- Payment is due at the time of purchase or on the recurring billing date.
- Services may be charged automatically using the payment method on file.
- Prices may change at any time with prior notice.
- Continued use of services after price changes constitutes acceptance of new pricing.
- Missed payments may result in service suspension or termination.

All payments are non-transferable.

## 7. Fee Increases

The Best You reserves the right to modify service pricing. Clients will receive notice of price changes at least **30 days** before implementation. Clients may cancel prior to the effective date to avoid new charges.

## 8. Cancellation Policy

Clients may cancel services at any time subject to the following:

- Cancellation requests must be submitted in writing.
- Cancellation must be completed before the renewal deadline to avoid additional charges.
- No refunds for services already delivered.
- No partial refunds for unused time within a billing cycle unless required by law.
- Failure to use services does not relieve payment obligations.

## 9. How to Cancel (Cancellation Mechanism)

To cancel services, clients must:

- Email: [info@bestyouforever.com](mailto:info@bestyouforever.com)
- Website: [www.bestyouforever.com](http://www.bestyouforever.com)
- Include full name and service details.

Cancellation confirmation will be provided once processed. If confirmation is not received within **3 business days**, clients should contact us again.

## 10. Refund Policy

Unless otherwise stated:

- All sales are final.
- No refunds for digital programs, coaching services, or completed sessions.
- Exceptions may be granted at our sole discretion.

## 11. Scheduling & Missed Sessions

- Clients must schedule sessions in advance.
- Missed sessions without **24-hour notice** may be forfeited.
- Rescheduling is subject to availability.

## 12. Results Disclaimer

Individual results vary based on effort, consistency, and personal factors. The Best You makes no guarantees regarding weight loss, fitness results, or health outcomes.

## 13. Health & Liability Disclaimer

By participating in Services, you acknowledge:

- Exercise involves inherent risks.
- You voluntarily assume responsibility for participation.
- The Best You is not liable for injuries, damages, or health outcomes resulting from participation.

## 14. Intellectual Property

All programs, materials, workouts, and plans are owned by The Best You and may not be copied, shared, sold, or distributed.

## 15. Termination of Services

We reserve the right to terminate services without refund if a client:

- Violates these Terms
- Engages in abusive behavior
- Fails to make payments
- Provides false information

## 16. Changes to Terms

We may update these Terms at any time. Continued use of services constitutes acceptance of updated terms.

## 17. Contact Information

For questions or cancellations, contact:

**The Best You** Email: [info@bestyouforever.com](mailto:info@bestyouforever.com) Website: [www.bestyouforever.com](http://www.bestyouforever.com)