

## LOWER BACK PAIN COACH

**ONLINE COACHING AGREEMENT and acknowledgement of Disclaimer and acceptance of Terms & Conditions in Lower Back Pain Manager website.**

**This Coaching Agreement (online coaching) is entered into between:**

**Coach Name:** Alfred Cheng, Founder of *Lower Back Pain Coach*

**Client Name:**

**Client Reference Number (provided by the coach):**

**Client email:**

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### 1. Client requests the coaching service and acceptance

The client voluntarily requests these coaching services. Alfred Cheng accepts this request upon signing this agreement.

Please note that this is a free service with no hidden costs. Client has the option to make a voluntary donation at the completion of the coaching service, should they find it successful.

### 2. Nature of Services

The Coach provides non-medical, online coaching services aimed at assisting individuals with the self-management of non-specific lower back pain through simple stretching exercises and personal experience-based guidance.

**The Coach is not a licensed medical professional and does not provide medical advice, diagnosis, treatment, or therapy.**

The information provided is for general educational purposes only. Client is advised to consult a licensed healthcare provider before beginning any physical activity or exercise program.

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### 3. Coaching Format

- **Duration:** 7-day coaching period
  - **Method:** Online daily communication using the Seven-Day progress form through email, messaging, as instructed.
  - **Scope:** Daily responses based on the Client's updates, with general advice and guidance based on the Client's progress and Coach's personal experience
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### 4. Client Acknowledgement

By agreeing to participate in this program, the Client confirms that:

- He/She understand the Coach is not medically qualified and is not acting as a healthcare provider.
  - He/She is participating voluntarily and accept full responsibility for their own physical well-being.
  - He/She has consulted, or will consult, a licensed healthcare provider before following any exercises or suggestions.
  - He/She will immediately cease any activity that causes pain, discomfort, or concern, and seek professional medical help.
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### 5. Assumption of Risk and Waiver of Liability

To the fullest extent permitted by law, the Client agrees to:

- Assume full responsibility for their participation in the coaching program;
- Release, indemnify, and hold harmless the Coach from any and all claims, demands, causes of action, damages, or liabilities, arising out of or connected with the Client's participation, including but not limited to injury, discomfort, or health complications.

This waiver applies regardless of the country in which the Client resides or participates in the coaching program.

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## **6. Confidentiality**

The Coach agrees to protect the Client's personal information and communications, and will not share or disclose it to any third party without written consent, except as required by law.

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## **7. Governing Law and Jurisdiction**

This Agreement shall be governed by the general principles of international contract law. Any disputes arising from or relating to this Agreement shall be resolved amicably in the first instance, and if unresolved, submitted to a neutral arbitration forum agreed upon by both parties.

If local laws in the Client's jurisdiction require additional consumer protections, those rights shall not be waived.

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## **8. Entire Agreement and Acceptance**

This document represents the entire understanding between the Coach and the Client. By signing below, the Client confirms that he/she has read, understood, and agreed to the terms outlined.

By proceeding, the client also acknowledging the website's **Disclaimer** and accepting the **Terms & Conditions**.

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**Client Signature:**

**Date:**

**Coach Signature:**

**Date:**

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Signature form:

Electronic signature is acceptable. Suggestion of signing this form:

- Print the fillable PDF, signed, take a copy and email to:
- Draw your signature on this PDF form and email to:
- Create a digital signature, paste it on the form and email to:  
[admin@lowerbackpaincoach.com](mailto:admin@lowerbackpaincoach.com)