

Nutrition Coaching Agreement

This is a template, not legal advice

This document is a general-purpose template provided for information only. It is not legal advice, it does not create a lawyer-client relationship, and nobody has reviewed it against your situation.

Laws differ by country, state and province, and they change. A clause that is standard in one place can be unenforceable — or illegal — in another. Terms that are ordinary between two businesses can be void in a consumer or employment context.

Read every clause before you use it, fill in every blank, and delete anything that does not apply. For anything high-value, unusual, or that you could not afford to lose a dispute over, have a qualified lawyer in your jurisdiction review it before it is signed.

How to use this template

1. Read it end to end and delete any clause that does not apply to you. Blanks are shown as a grey label on a line.
2. Need the other party to sign too, with an audit trail and a tamper-evident seal? That is what the paid product does.

Nutrition Coaching Agreement

This Nutrition Coaching Agreement (this "Agreement") is made on [Date] between [Client's full legal name] of [Client's address], contactable at [Client's email and phone] (the "Client"), and [Coach's full legal name, or business name] of [Coach's address], contactable at [Coach's email and phone] (the "Coach").

The Client engages the Coach to provide nutrition coaching services on the terms set out below, including the scope limitation in clause 2, which the Client should read before the first session. This Agreement takes effect on [Start date] and applies to every session the Coach delivers to the Client from that date, whether or not a further document is signed for a later package.

1. The Parties and the Coaching Services

The Coach will provide nutrition coaching services to the Client:

[Describe the services, e.g. one-to-one nutrition coaching with weekly meal planning guidance and accountability check-ins].

The Coach provides these services as an independent contractor, not as an employee of the Client, and nothing in this Agreement creates an employment relationship, partnership or agency between the Parties.

Sessions will normally be delivered by

[Name of the individual coach who will deliver the sessions]. If that person is unavailable, the Coach may offer a substitute coach of comparable qualification, or reschedule the session at no cost to the Client. The Client may decline a substitute, in which case the session is rescheduled rather than forfeited.

Each Party shall keep the other informed of any change to the contact details recorded above. Notices under this Agreement may be given by email to the addresses recorded above and are treated as received on the next business day after sending.

2. No Medical Advice; Not a Licensed Dietitian

Nothing in this Agreement is medical advice, a medical or clinical nutritional diagnosis, or medical or dietetic treatment, and none of it is a substitute for the advice of a physician or a registered dietitian. The Coach's relevant credentials, if any, are: [Any dietetic, nutrition or medical credential the Coach holds, or write "none"]. Unless stated there, the Coach is not a licensed dietitian, registered nutritionist, physician or other licensed healthcare provider, and provides coaching only within the scope of a non-clinical nutrition coach.

The coaching the Coach provides is general wellness and nutrition guidance — education, goal-setting, meal planning support and accountability — intended to help

the Client build and maintain healthy eating habits. It does not diagnose, treat, cure or prevent any disease or medical condition, and it does not replace medical care, clinical nutrition therapy, or a treatment plan prescribed by a healthcare professional.

The Client shall consult a physician or a registered dietitian before making any significant change to diet, supplementation or medication, and in particular where the Client has an existing medical condition, is pregnant or breastfeeding, has or may have an eating disorder, or takes medication that could interact with a dietary change. The Client shall not stop, start or change any prescribed medication or treatment on the basis of anything the Coach says, and shall seek immediate medical attention for any symptom that may need it rather than raising it with the Coach first.

3. Client Health Disclosure

Before the first session, the Client shall disclose to the Coach, in writing, any medical condition, allergy, food intolerance, current medication or supplement, pregnancy or breastfeeding status, and any history of disordered eating, so that the Coach can tailor the Client's general guidance appropriately under clause 2. The Client confirms that the information given is accurate and complete to the best of the Client's knowledge.

The Client shall tell the Coach promptly, and before the next session, about any change in the information above, any new diagnosis, and any instruction or restriction given by a physician or registered dietitian. Disclosure under this clause makes the Coach's general guidance better-tailored to the Client; it does not expand the Coach's role beyond the scope set out in clause 2, and the Coach does not thereby become the Client's treating provider for the condition disclosed.

The Client confirms the following at the start of this Agreement:

- (a) Relevant medical conditions: [Relevant medical conditions, or write "none"]
- (b) Allergies and food intolerances: [Allergies and food intolerances, or write "none"]
- (c) Current medications and supplements:
[Current medications and supplements, or write "none"]
- (d) Pregnancy or breastfeeding status:
[Pregnancy or breastfeeding status, or write "not applicable"]
- (e) History of disordered eating, if any: [History of disordered eating, or write "none"]
- (f) Treating physician or registered dietitian, if any, and contact details:
[Treating physician or registered dietitian and contact details, or write "none"]

4. Coaching Sessions and Package

The Client is purchasing [Number of sessions, e.g. eight (8)] sessions of [Session length, e.g. forty-five (45) minutes] each, to be taken at approximately [Frequency, e.g. one (1) session per week]. Sessions take place by [Format, e.g. video call, phone or in person], at times agreed in advance between the Parties.

A session begins at its scheduled start time. If the Client joins late, the session still ends at its scheduled end time and is treated as delivered in full; the Coach is not obliged to extend it. If the Coach is late, the session is extended by the delay or, if that is not practicable, rescheduled at no cost to the Client.

Unused sessions expire [Expiry period, e.g. three (3) months] after the date of purchase and have no value after that date. The Coach may, at the Coach's discretion, extend the expiry period in writing where the Client has been unable to attend because of illness, pregnancy or another substantial reason notified to the Coach before the sessions expire.

5. Fees, Payment and Renewal

The fee is [Price, e.g. amount per session or total package price], payable [Payment timing, e.g. in full before the first session, or monthly in advance] by [Accepted payment methods]. Sessions are booked against a paid balance; the Coach is not obliged to deliver a session while any amount is overdue.

Invoices are due within [Payment terms, e.g. seven (7) days] of issue. Amounts unpaid after the due date may carry a late fee of [Late fee].

If the package is set to renew, it renews automatically at the end of its term for a further term of the same length at the Coach's then-current rates, and the Client authorises payment for each renewal on the same basis as the first term. The Client may stop the renewal at any time by giving the Coach written notice at least [Notice to stop renewal, e.g. fourteen (14) days] before the end of the current term. The Coach shall give the Client at least [Notice of a price change, e.g. thirty (30) days] written notice of any change to the rates before it applies to a renewal.

6. Cancellation, Rescheduling and No-Shows

To cancel or move a session without charge, the Client must notify the Coach at least [Cancellation notice window, e.g. twenty-four (24) hours] before the scheduled start time, by [How notice must be given, e.g. text message or email to the Coach]. A cancellation made with less notice than that is treated as a delivered session: it is deducted from the Client's balance and no refund or credit is given.

A no-show — the Client not joining, or joining more than [Late join cut-off, e.g. ten (10) minutes] after the scheduled start time without notice — is treated the same way, and the session is forfeited in full. The Client is allowed [Number of waived late cancellations, e.g. one (1)] waived late cancellation per package term.

The Coach may waive the forfeiture where the Client cancels late because of sudden illness, injury, bereavement or another emergency. If the Coach cancels a session for any reason, the session is returned to the Client's balance in full and rescheduled at no cost.

7. Confidentiality of Client Health Information

The Coach shall keep the Client's health information — whether disclosed under clause 3 or otherwise learned in the course of a session — confidential, and shall use it only to provide and administer the coaching services under this Agreement.

The Coach shall not disclose the Client's health information to any third party without the Client's written consent, except where disclosure is required by law, is necessary to protect the Client or another person from serious harm, or is made to the Coach's own professional advisers on a confidential basis. This clause survives the end of this Agreement.

8. Client Responsibility and Assumption of Risk

The Client is responsible for deciding whether to follow the Coach's general guidance, for applying it in a way that suits the Client's own circumstances, and for telling the Coach promptly if a suggested change does not agree with the Client or appears to conflict with medical advice the Client has received.

The Client understands that a change to diet can affect an existing medical condition, medication, pregnancy or a history of disordered eating, and that the scope limitation in clause 2 means the Coach has not assessed the Client's suitability for any such change from a medical or clinical nutrition standpoint. The Client accepts this and takes it into account before following the Coach's guidance.

To the extent permitted by applicable law, the Client releases the Coach from liability for harm arising from following the Coach's general guidance where the Coach provided it with reasonable care and skill and within the scope of clause 2. This release does not apply to gross negligence, recklessness or intentional misconduct by the Coach, does not apply to harm caused by the Coach acting outside the scope of clause 2 — including purporting to diagnose or treat a medical condition — and does not affect any right the Client has that cannot be waived under applicable law.

9. Limitation of Liability

Neither Party is liable to the other for indirect or consequential loss, or for loss of income, profit or opportunity, arising out of this Agreement. Except as stated in the next paragraph, the Coach's total liability arising out of or in connection with this Agreement is limited to the total fees paid by the Client under it in the [Liability look-back period, e.g. twelve (12) months] before the event giving rise to the claim.

Nothing in this Agreement limits or excludes liability for death or personal injury caused by negligence, for fraud or fraudulent misrepresentation, or for any other liability that cannot lawfully be limited or excluded. The Coach is not responsible for the acts or omissions of a physician, registered dietitian or other healthcare professional the Client consults.

10. Term and Termination

Either Party may terminate this Agreement by giving the other [Termination notice, e.g. fourteen (14) days] written notice. Either Party may terminate it immediately, by written notice, where the other Party materially breaches this Agreement and does not remedy the breach within [Cure period, e.g. seven (7) days] of being asked to.

Where the Client terminates other than for the Coach's unremedied material breach, the Coach shall refund the unused sessions at

[Refund basis on client termination, e.g. the per-session rate less any package discount, or state that unused sessions are non-refundable] .

Where the Client terminates for the Coach's unremedied material breach, or the Coach terminates for any other reason or is unable to continue delivering the services, the Coach shall refund every unused session in full at the price actually paid for it.

A refund due under this clause is payable within [Refund period, e.g. fourteen (14) days] of termination, after deducting any fee that is already due and unpaid, including sessions forfeited under clause 6. Termination does not affect any right or obligation that has already accrued, and clauses 2, 3, 7, 8, 9 and 11 survive it.

11. Governing Law and General

This Agreement and any dispute arising out of it are governed by the laws of [Governing law, e.g. the State of Colorado] . The Parties submit to the exclusive jurisdiction of the courts of [Jurisdiction] .

This Agreement is the entire agreement between the Parties about the nutrition coaching services, and replaces any earlier understanding on that subject. It may only be amended in writing signed by both Parties, except that the Coach may change rates

on notice as set out in clause 5.

Neither Party may assign this Agreement without the other's written consent. If any provision is held unenforceable, the rest continues in force. A failure to enforce any provision is not a waiver of it.

12. Signatures and Effective Date

This Agreement takes effect on the date of the last signature below and continues for the term of the package purchased under clause 4, or until ended under clause 10.

The Parties may sign in counterparts and by electronic signature, each of which is an original and all of which together form one agreement. Each party confirms that they have read this Agreement, including the scope limitation in clause 2, that the details entered in it are accurate, and that they have received a copy.

In agreement with the terms above, the parties have signed below on the dates written beside their signatures.

Client

Signature: _____

Printed name: _____

Date: _____

Coach

Signature: _____

Printed name: _____

Date: _____