



MYFITNESSBUDDY

Policies and Billing Agreement

Providing excellent service is very important to us hence the need to put the following policies in place.

Please read our policies carefully!

24 Hour Cancellation Policy:

We work on a scheduled appointment basis. Your appointment time has been reserved especially for you; hence clients are required to give a minimum of 24-hours notice when canceling an appointment, which at that time can be rescheduled at no charge. With a 24-hour notice we are able to schedule someone in your place.

If you cancel with less than 24 hours notice you may be billed an additional fee for missed appointments and this also applies to missed phone sessions.

Billing

MYFITNESSBUDDY bills its clients on a pre-pay basis. Bills are issued directly to the client when services are retained and are due prior to first meeting with client. For your convenience and security, payment can be made using PayPal. Cheques cannot be accepted without Cheques Guarantee card and proper ID.

Scheduling Appointments

Appointments are allocated on a first come first serve basis and subject to Buddy availability. You can request a Buddy when you schedule your appointment

Heart Rate Monitor

MYFITNESSBUDDY clients are recommended to wear heart rate monitor during exercise. Losing weight involves creating a deficit in your calorie intake. By keeping an eye on your nutrition in conjunction with the calories burn during exercise you will be able to gauge and monitor your weight loss and most importantly at what zone you are in when you exercise.

PARQ and GP Release

For some clients there might be a need to request GP's consent before embarking on an exercise regime. This is to ensure that we take your health and safety in consideration. All clients are **REQUIRED** to complete a PARQ. This will be included in your induction pack.

At **MYFITNESSBUDDY** Buddies are regulated under REPS*, FITPRO or/and NRPT* . It is beyond our scope of practice and qualifications to advice on medical conditions such as diabetes, hypertension or high cholesterol, disordered eating or recommend dietary supplements. Such issues need to be discussed with your GP who will be happy to refer you to a qualified Nutritionist under the NHS.

We are more than happy to recommend sensible and balanced eating plans.

We however do not and will not recommend fads diet or set unrealistic goals.

I, _____ have read the aforementioned and understand and accept these policies as they relate to my Fitness Program with **MYFITNESSBUDDY**

Signature of CLIENT

Date

Name and Address of Client