



## NUTRITION WAIVER & RELEASE FORM

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Referral: \_\_\_\_\_ Birthday: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Entering into this relationship as a client, you are aware that the nutrition coaching relationship is in no way to be construed as psychological counseling, psychotherapy, or medical intervention. You acknowledge that Heavy Metal Fitness coaches and trainers are not doctors or registered dietitians. HMF will not provide medical advice, nor prescribe any form of supplements. In the event that you feel the need for professional counseling or medical advice, it is your responsibility to seek a licensed professional to provide you with that service. Any recommendations that you follow for changes in diet, including but not limited to the use of food supplements, are entirely your choice and your responsibility. You are knowingly assuming any and all risk associated with nutritional coaching.

HMF's coaching services are intended to inspire you to instill lifelong healthy eating habits that begin in the kitchen. Coaching results are not guaranteed. You enter into health coaching with the understanding that you are responsible for creating your own results. Our responsibility is to help inspire you in your effort to achieve the health-related goals and results you seek. Simply stated, you understand that HMF provides a nutrition coach offering motivational and educational services. We cannot be held liable for any advice, suggestions, recommendations, or guidance provided during our work together.

Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and coaching services and **assume all risks** of injury, illness, or death. We are also not responsible for any loss of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur as a result of: (a) your use of all amenities and equipment in the facility and your participation in any activity, program, training or coaching, (b) the sudden and unforeseen malfunctioning of any equipment (c) our instruction, training, supervision, or dietary recommendations, and (d) your slipping and/or falling while in our facility, or on our premises, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability**. You expressly agree to release and discharge Heavy Metal Fitness, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring legal action against Heavy Metal Fitness, the trainer, or instructor for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of Heavy Metal Fitness, its trainers, and employees.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

**More on back >>**

# PRICING & POLICY AGREEMENT

I agree to abide by the following list of policies at Heavy Metal Fitness (please initial each):

- \_\_\_\_\_ All coaching services are non-refundable. 100% of the total amount is due at purchase.
- \_\_\_\_\_ Cancellation of session with less than 24 hours notice will result in the forfeiture of one session.
- \_\_\_\_\_ All coaching packages will expire 1 month after the purchase date. Outstanding sessions will be forfeited after the expiration date.
- \_\_\_\_\_ Tardiness will cause the training session to be reduced by the amount of time the client is late. Tardiness in excess of 15 minutes will cause forfeiture of the session.
- \_\_\_\_\_ I understand and agree to bring to the attention of the coach any medical problems, medication changes or other health-related issues that I develop, whether or not they are directly related to exercise. Coaching staff reserve the right to require medical clearance from any client they feel may be at risk.

**By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian if under 18: \_\_\_\_\_