



Online Training Terms and Conditions

1. The duration of your current plan will be determined by the package you are on. Depending on your response to the current phase, any progress through future phases will be determined; bearing in mind they may not follow a set method or time period.
2. Once an online coaching programme has started, it will run consecutively for the time agreed. Packages cannot be put on hold or suspended unless agreed beforehand.
3. All plans you receive are property of MussBeFit, and are not to be shared with anyone else. Please respect that from MussBeFit as a business, and as a paying client, do not give out your goods for free. If someone asks for information on your plan, please do not give out any information, instead ask the person to get in touch with me directly, as every plan is specifically created according to the make-up and requirements of each client.
4. If at any time you wish to change your plan, we must agree upon this before changing it. It is not only important, but also necessary that we keep in touch with each other and work together. Therefore, changes to the plan set are not encouraged, unless agreed with me beforehand. This is important for your progress and results, and ensures we could work in sync with one another.
5. There will be a weekly check-in, and this is scheduled on a Sunday before 1pm UK time, and will be reviewed on Monday- Wednesday each week. Progress photos are to be uploaded to your Dropbox folder (front, back and both sides). Please ensure that photos are captured in good lighting, in the same/similar clothing. It is recommended that you take pictures in clothing that reveals the muscle groups, i.e. underwear or short shorts, and shot by someone else (selfies will not be accepted or reviewed). Also for check-in, please complete the check-in form with measurements, weight on scales, body fat (if known) and any relevant feedback.
6. In order for you to get the most out of your online coaching, it is your responsibility to check-in with me on the date required. Without this information, I am unable to monitor your progress and make any necessary changes to improve your plan. This could result in delays with subsequent plans, innovated phases of training, or any nutritional information being sent to you. Initially, I will remind you if your check-in has not been received. Repeated failure to check-in will result in me not sending out a reminder.
7. All emails will be answered Monday to Sunday. Please allow at least 24 hours for a reply. In the case of busy time periods of work, or holiday, for MussBeFit, your email will be acknowledged and responded to at the earliest convenience.
8. You will be notified of any holidays planned and/or taken by MussBeFit. Please do allow a longer response time during this period. Emails received will be replied to at the earliest convenience,

unless specifically urgent. Emails may not always be checked on a daily basis. Please do not send successive emails if you do not hear back from me right away.

9. Any payments to MussBeFit are non-refundable. Thank you for choosing me and I look forward to helping you smash your health and fitness goals!