

28 DAY FITNESS CHALLENGE

This is an agreement between Matt (**MADE IN THE MIND**) and the Client.

- All Live Workout sessions will take place on ZOOM Video Conferencing and will last between 30-35 starting the 16th November.
- Each Virtual Personal Training session will last for a duration of 45 minutes and will also take place on ZOOM Video Conferencing.
- All Live Workouts will be recorded on Instagram Live, so should you not be able to make the live viewing, you can catch up on IGTV. (You will need to register an Instagram account for this).
- All MITM MiniFit Challenges will be posted on a private Instagram group that you will have access to. If the client has any questions about how to access and sign up to this then please ask a minimum of 24 hours before the first LIVE Session on the 16th November.
- All ZOOM video conferencing sessions will be broadcast live.
- Virtual PT Sessions will be scheduled for a time **during** the 28 Day Fitness Challenge. This will be arranged between Matt (**MADE IN THE MIND**) and the Client directly.
- Should the Client **not** be able to attend a Virtual Personal Training Sessions, they must give a minimum of 24 hours' notice. If sufficient notice is given, the session will be rescheduled for a later date within the 28-day Challenge. If the client cancels the session within the 24-hour notice period, the session will not be rescheduled and will count towards their personal sessions.
- Should the coach **not** be able to attend a personal coaching session, either on ZOOM or face-to-face, they must give a minimum of 24 hours' notice.
- By submitting payment for the 28-day Fitness Challenge, the Client agrees that they have the right to request a refund up to 24 hours after their initial payment. After the initial 24-hour period, no refunds shall be permitted.
- The Client **must** complete a PAR-Q (Physical Activity Readiness Questionnaire) and return it to matt@madeinthemind.com a **minimum of 24 hours before** the challenge begins.
- The Client understands that it is their responsibility to inform Matt (**MADE IN THE MIND**) of any previous or current injuries, health issues, or medical conditions that may be relevant and affect their participation and/or performance in the 28-day Fitness Challenge.
- The Client understands it is their responsibility that they must inform Matt (**MADE IN THE MIND**) of any allergies or other dietary requirements that are necessary to their individual Nutrition Plan, prior to the challenge beginning.
- The Client understands that prizes shall be awarded at the end of the 28-Day Fitness Challenge. These prizes will be determined by a 'leaderboard' system that will be detailed further in a follow up email prior to the challenge starting. These prizes cannot be exchanged for the equivalent monetary value.
- The Client understands that the 28-Day Fitness Challenge and the contents of the course do not replace the care of psychologists, physicians, dieticians or other healthcare professionals. The client acknowledges that the coaching/training provided should in no way be substituted for psychological counselling or any other form of medical or therapy advice.
- In consideration of being permitted to participate in the 28-Day Fitness Challenge, the Client knowingly and voluntarily waive any claim they may have against **MADE IN THE MIND** and any of **MADE IN THE MIND's** coaches for injury or damages that they may sustain mentally or physically as a result of participating in the challenge. The Client agrees to taking full responsibility for any risks, injuries or damages known or unknown which they might incur as a result of participating in the challenge.
- The Client, their heirs or legal representatives forever agree to waive and discharge any legal proceedings against **MADE IN THE MIND** or any of **MADE IN THE MIND's** coaches for any injury or death caused by their participation in the challenge.
- The client agrees that by paying the cost of the 28-Day Fitness Challenge, they agree to the terms as stated above.