

HEALTH COACHING AGREEMENT

Client Location: _____

Date: _____
PARTIES

This Agreement is entered into between:

Health Coach Name: _____

Coach Contact Information: _____

Client Name: _____

Client Contact Information: _____

1. SERVICES PROVIDED

Health Coach agrees to provide health coaching services customized to Client's goals, preferences, and needs. Services may include goal setting, progress tracking, support, and education related to nutrition, exercise, lifestyle, and wellness.

2. TERM

This Agreement shall commence upon execution by both parties and continue until terminated by either party in accordance with Section 9 of this Agreement.

3. FEES AND PAYMENT

Client agrees to pay Coach the fees set forth herein for services rendered. Payment details, including amounts, schedules, and acceptable payment methods, shall be agreed upon separately and attached as an addendum or invoice.

4. CLIENT RESPONSIBILITIES

Client agrees to actively participate in coaching sessions, provide accurate and complete information, and notify Coach of any changes in health status or circumstances that may affect coaching.

5. NO MEDICAL ADVICE

Health Coach is not a licensed medical professional and does not provide medical diagnosis, treatment, or therapy. Coaching services are not a substitute for professional medical advice, diagnosis, or treatment.

6. CONFIDENTIALITY

Coach agrees to maintain the confidentiality of Client's information except as required by law or with Client's express written consent. Confidential information does not include information which is public knowledge or required to be disclosed by law.

7. LIMITATION OF LIABILITY

Client releases Coach from any and all liability, claims, or causes of action arising out of or related to the coaching

relationship or services provided, except for gross negligence or willful misconduct.

8. TERMINATION

Either party may terminate this Agreement at any time by providing written notice to the other party. Client shall be responsible for payment for services rendered up to the date of termination.

9. NO GUARANTEE

Client understands that results are not guaranteed and vary based on individual circumstances, commitment, and other factors beyond Coach's control.

10. INDEPENDENT CONTRACTOR

Coach is an independent contractor and is not an employee, agent, or legal representative of Client. This Agreement does not create a partnership, joint venture, or employment relationship.

11. GOVERNING LAW AND DISPUTE RESOLUTION

This Agreement shall be governed by and construed in accordance with the laws of the State of _____. Any dispute arising out of or relating to this Agreement shall be resolved first through good faith negotiation. If unresolved, the parties agree to submit the dispute to binding arbitration in accordance with the rules of the American Arbitration Association or other mutually agreed forum.

12. ENTIRE AGREEMENT

This Agreement constitutes the entire agreement between the parties with respect to its subject matter, and supersedes all prior or contemporaneous written or oral agreements. Any amendments must be in writing and signed by both parties.

13. SEVERABILITY

If any provision of this Agreement is found to be invalid, illegal, or unenforceable, the remaining provisions shall remain in full force and effect and be construed so as to best effectuate the original intent.

14. WAIVER

No waiver of any breach or failure to enforce any provision of this Agreement shall constitute a waiver of any other provision or subsequent breach.

CLIENT'S SIGNATURE

Signature: _____

Name (Print): _____

Date: _____

HEALTH COACH'S SIGNATURE

Signature: _____

Name (Print): _____

Date: _____

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