

Disclaimer for Kzeefitness Coaching Services

At KZF Coaching, our programs are designed to provide guidance and support in the areas of nutrition, fitness, and holistic wellness. While we are committed to offering science-backed advice tailored to your unique goals, it is important to understand the following:

1. General Information Only: Our coaching services are for educational and informational purposes only. They are not intended to replace professional medical advice, diagnosis, or treatment. Always consult with your physician or other qualified healthcare provider before beginning any new exercise program, dietary changes, or wellness protocol.

2. Individual Results May Vary: Every individual is different, and results may vary based on a variety of factors, including genetics, lifestyle, adherence, and pre-existing conditions. We cannot guarantee specific outcomes.

3. Responsibility for Participation: By participating in our coaching programs, you acknowledge that you are voluntarily engaging in physical activity and/or nutritional changes at your own risk. KZF Coaching is not liable for any injuries, health issues, or complications that may arise as a result of participating in our services.

4. Payment Policy: All clients are required to provide payment for 8 weeks of services (two full payments) from the upcoming date of their next scheduled payment. This policy ensures adequate time to fill the coaching spot should the client choose to discontinue services. Our coaches are committed to providing support, resources, and guidance; however, it is the client's responsibility to maintain regular check-ins and communication. If a coach sends five consecutive messages without a response, further communication will be paused until initiated by the client, with programs carrying into upcoming weeks. Failure to meet payment requirements may result in legal action.

By proceeding with our services, you acknowledge that you have read, understood, and agreed to the terms outlined in this disclaimer.

In Health,

KZF Coaching

