

Coaching Release & Waiver

I understand and agree with the following statements:

In consideration of my receiving health coaching services from Rita Grant a Certified Functional Medicine Health Coach, I do hereby waive, release, and forever discharge my coach, Rita Grant from any and all responsibility or liability for injuries or damages resulting from my engagement in any activities, including, but not limited to dietary changes, exercise, stress management arising out of my participation in any activities under Functional Medicine Health Coaching.

I understand that Rita Grant is neither a psychologist or medical professional. The goal of coaching is to create a supportive alliance in which I can attain my own stated goals, visioning, overall preventative health risk management. These services may be requested or rejected at my own free choice. I am free to discontinue coaching services at any time. Health coaching services are not meant to be a substitute for counseling or treatment for mental health problems. Health coaching is an excellent way to gather individualized information by which my own decisions can be made.

I further acknowledge that I have either had a physical examination and have been given a physician's permission to participate or that I have decided to participate in physical activity and or use of exercise equipment without approval of my physician and do hereby assume all responsibilities and risks of injuries from such participation and activities.

No assumption of responsibility is made or given, and the party requesting such advise agrees not to hold Rita Grant responsible or liable in any form or fashion, for such actions taken of my own accord. The method and process by which this advice and direction are given in no way would constitute an agreement or liability on the part of Rita Grant your Functional Medicine Health Coach and is acknowledged to be different in many ways than a one on one clinical or psychological counseling process.

Name: _____

Signature: _____