



## Online Coaching Terms and Conditions

1. Depending on what package you're on, will depend on the length of time you will follow your current plan. Progress through future phases are dependent upon how you respond to the current phase and do not always follow a set timescale or method.
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. If at any time you wish to change your plan, we must agree upon this before changing it. It is important that we keep in touch with each other and work as a "team". Thus, please do not change anything on your plan without agreeing it with me beforehand. This helps us keep in tune with each other and is important for your progress and results.
4. All plans you receive are property of Kitti Savai Fitness and are not to be shared with anyone else. As a paying client, please do not give someone else your goods for free and please respect this from the behalf of Kitti Savai Fitness as a business. If someone asks for information on your plan, please do not give any information out, instead ask the person to get in touch  
  
with me direct.
5. Check-in is scheduled weekly on a Sunday before 12pm UK time. At this time, progress photos need to be uploaded to your Dropbox folder (front, back, both sides). Photos need to be taken in good lighting, in the same/similar clothing i.e. underwear, short shorts (please do not cover up) and by somebody else (I will not accept or review selfies). Please also complete the check-in form with measurements, weight on scales, body fat (if known) and any relevant feedback.
6. Check-ins are reviewed Monday – Wednesday.

7. It is your responsibility to check-in with me on the date required, more importantly if you want to get the most out of your online coaching package. Failure to do so means I am unable to follow your progress and make any necessary changes, resulting in delays in future plans/phases of training/nutrition being sent to you. In the initial stages, I will remind you if your check-in has not been received. Repeated failure to check-in will result in me not sending you a reminder.

8. 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 Kitti Savai Fitness, your email will be acknowledged and replied to the earliest convenience.

8. You will be notified of any holidays taken by Kitti. Please allow for a longer response time during this time. Emails received, unless specifically urgent, will be replied to at the earliest convenience. Emails may not be checked on a daily basis. Please do not send subsequent emails if you do not hear back from me right away.

9. Any payments to Kitti Savai – Strongbeatsskinny are non-refundable. Thank you for your trust in me and I look forward to helping you towards your health and fitness goals!😊

*Kitti*

Kitti Savai Fitness

