

Terms & Conditions

Last Updated: June 24, 2026

1. Services

1.1 As a fitness coach, I offer personalized coaching services in packages of either 3 months or 6 months.

1.2 The services include personalized workout plans, nutrition guidance, and regular check-ins to monitor progress.

2. Payment

2.1 Payment for the chosen service package must be made in full before the commencement of the program.

2.2 Accepted payment methods include Debit/Credit Card, Bank Transfer, UPI Payments, and other approved payment methods.

3. No Refund Policy

3.1 Once payment has been made, it is non-refundable.

3.2 This policy applies to all clients without exception.

3.3 Clients are encouraged to carefully consider their commitment to the program before making payment.

4. Client Responsibilities

4.1 Clients are expected to follow the workout and nutrition plans provided to them.

4.2 Regular communication with the coach is essential for monitoring progress and making necessary adjustments.

5. Coach Responsibilities

5.1 The coach will provide personalized fitness and nutrition plans tailored to each client's needs and goals.

5.2 The coach will be available for regular check-ins and support throughout the duration of the chosen service package.

6. Cancellation

6.1 Clients who wish to discontinue the program before the end of the term may do so by providing written notice.

6.2 No refunds will be issued for any unused or remaining portion of the service package.

7. Amendments

7.1 The coach reserves the right to amend these Terms & Conditions at any time.

7.2 Any changes will be communicated to current clients through appropriate channels.

8. Limitation of Liability

8.1 The coach is not responsible for any injuries, illnesses, or health issues that may arise from following the fitness and nutrition plans provided.

8.2 Clients are strongly advised to consult with a qualified healthcare professional before beginning any fitness, exercise, or nutrition program.

8.3 Participation in the coaching program is voluntary and at the client's own risk.

Contact Information

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