



DMA  
**DMA Weight & Wellness**  
 Coaching Consent

**Commitment and Cancellation Policy**

As your Health Coach, I will support and guide you through the process of making positive changes to your behaviors and lifestyle that align with your personal goals and values. The coaching process is very action oriented and requires time, commitment, and focus to change old behaviors and build new habits that support your goals. In order to gain the most out of coaching, commitment to showing up for your scheduled sessions, engaging in “homework” provided by the coach, and following agreed upon action steps is crucial.

We ask that you provide 48 hours notice for all cancellations or rescheduled sessions. More than two last minute cancellations (less than 24 hours notice) or no-shows may result in the termination of our coaching sessions.

**Coaching Parameters**

As a coaching client and a patient at DMA Weight and Wellness, it is important to note that Health Coaching is not considered a health care service and is not a substitute for medical or mental health treatment or advice provided by a licensed therapist or clinical provider. Coaching is not intended to diagnose, treat, or cure medical and mental health conditions. Coaching is an excellent supplement to your overall care plan as it provides the tools and support often needed to create new, healthy behaviors - but it is not medical care. Coaching is a non-clinical service that focuses on personal evolution and empowerment through goal setting, exploration, action steps, and accountability.

Although coaches take a more casual and peer-based approach to working with clients, it is important to remember that the coach/client relationship is a professional one and should not extend beyond the professional boundaries during or after our work together.

**Liability Release**

You, the client, understand that it is your responsibility to discuss health and wellness information with your primary care provider and other providers as necessary. You understand that it is your responsibility to consult with these providers. You understand that coaching is not a health care service and is not a substitute for any medical or mental health service and/or advice.

You recognize that coaching requires emotional, physical, and mental efforts, exertion, and behavioral experimentation, on your part, which may cause physical, mental or emotional injury. You also understand that you use coaching services at your own risk and that the services are delivered “as is” without any warranty of any kind. This service is voluntary. Any actions or advice taken, or not taken, during the course of coaching is done so solely by your choice and is your ultimate responsibility. You accept full responsibility for any outcomes, waiving all rights to liability or any claims against DMA Weight and Wellness, any of its agents, administrators, or employees.

Client Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_