



In consideration of the services of **NUTRITION MADE 4U**, I hereby agree to release and discharge NUTRITION MADE 4U on behalf of myself, my children, my parents, my heirs, assigns, personal representatives and estate as follows:

1. By accepting these terms, I will not hold NUTRITION MADE 4U responsible for any injury, illness, allergic reaction, or lack of results while engaged in a nutrition or fitness program or any time in the future. I completely acknowledge that I am simply receiving advice and a suggested meal plan and that is my choice to adhere to the provided advice. My participation in this program is voluntary, and by signing this waiver I accept responsibility for any harm, injury, illness or death that may result from my participation.
2. I understand that it is my responsibility to consult with my physician before starting a nutrition and fitness program with NUTRITION MADE 4U. I hereby affirm that I am in good physical condition and do not suffer from any mental or physical disability which would prevent or limit my participation in a program provided by NUTRITION MADE 4U.
3. Any advice regarding dietary supplements provided by NUTRITION MADE 4U nutrition experts is strictly done so by opinion only, and these products may not have been approved by the FDA. By agreeing to these terms, I am accepting that I will not hold NUTRITION MADE 4U for any issues, health related or non-health related that may results from consuming a product suggested or recommended by NUTRITION MADE 4U.
4. I recognize the risks of nutritional changes and am participating in NUTRITION MADE 4U's program upon the express agreement and understanding that I (the undersigned) do hereby for myself and my heirs, executors, and administrators waive and release NUTRITION MADE 4U from any and all claims, costs, liability, expenses or judgments including attorney's fees and court cost (herein, collectively "Claims") arising out of my participation in this program.
5. **I understand there is a no refund policy, and that payment will be made either online prior to participation in the program.**
6. **I understand that all formula calculation, meal plan suggestions, computer programming, photos and ALL content belong to NUTRITION MADE 4U and I may not share or use this information outside of NUTRITION MADE 4U membership.**
7. I FULLY UNDERSTAND THAT I AM FOREVER GIVING UP, IN ADVANCE, ANY RIGHT TO SUE OR MAKE CLAIMS AGAINST THE PARTIES I AM RELEASING, IF I SUFFER ANY INJURIES OR DAMAGES, EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES OR DAMAGES. I UNDERSTAND THIS CONSENT FORM AND AM NOT UNDER ANY PHYSICAL OR EMOTIONAL DURESS TO SIGN.