

Roadmap to Success Coaching Agreement

Oct 19, 2026 · @Jen

About this agreement

This agreement covers the Roadmap to Success, also called the 90-Day Strategy Intensive. It's between you, the client, and JB Lang Solutions LLC, doing business as POTS Warriors. Jen Beard, Holistic Health Coach, delivers the coaching.

In this agreement, "I" and "me" mean Jen Beard and POTS Warriors. "You" means the client. Please read it before you pay.

What you get

You get one 90-minute coaching session and a personalized written plan for your next 90 days.

1. **Intake form.** Before your session, you fill out a form about your health history, symptoms, triggers, and goals.
2. **Your session.** We meet online by video for 90 minutes. We go deep on your history, your triggers, and your goals.
3. **Your plan.** Within 7 business days after your session, I email you a personalized plan for the next 90 days.

The Intensive doesn't include ongoing coaching after your plan is delivered. If you want more support later, ask me about my other programs.

Price and payment

You can pay one of two ways:

- **Pay in full:** \$497 at checkout.
- **Payment plan:** 3 payments of \$190, for a total of \$570. The first payment is due at checkout. The second and third are charged to the same card 30 and 60 days later.

Your first payment must go through before your session. Then you'll get a link to book it.

If you choose the payment plan, you agree to make all 3 payments. That's true even if you stop following your personalized plan. The only exception is a refund under the rules below.

If a payment fails, I'll email you. You agree to update your card within 7 days.

Your session must take place within 60 days of your first payment.

Rescheduling and refunds

To reschedule or cancel, email me at jen@potswarriors.com.

Rescheduling

- I know POTS flares don't give much warning. You can reschedule up to 2 times.
- Just email me before our start time.
- If you miss your session without telling me first, your Intensive counts as used.
- If you join late, we'll still end at our scheduled time.

Refunds

- You can cancel for a full refund up to 48 hours before your session. If you're on the payment plan, I'll also cancel your remaining payments.
- Less than 48 hours before your session, I can't give a refund. You can still use a reschedule if you have one left.
- Once we've met, I can't give a refund. Your plan is built just for you. If you're on the payment plan, your remaining payments are still due.
- If 60 days pass without a session because of a delay on your side, your Intensive expires. It isn't refunded.

Coaching, not medical care

I'm a Holistic Health Coach. I'm not a doctor or a licensed medical or mental health provider.

- I don't diagnose, treat, or cure any condition. That includes POTS, EDS, and MCAS.
- I don't prescribe medications or tell you to change them.
- Coaching doesn't replace care from your doctors. It isn't therapy, either.

- Talk to your doctor before you change your medications, supplements, diet, fluids, salt, or exercise.
- Any movement in your plan starts lying down. Get the OK from your doctor or physical therapist before you begin.
- If you have a medical emergency, call 911 or go to the nearest emergency room.
- If you're in a mental health crisis in the US, call or text 988.

Your part

You agree to:

- Fill out the intake form honestly and completely before your session.
- Tell me about any health changes before we meet, like a new diagnosis or medication.
- Keep working with your doctors while you use your plan.
- Share your plan with your doctor before you start it.
- Go at your own pace. If something makes you feel worse, stop and call your doctor.
- Make your own choices about your health. You decide what to try and when.
- Join our video call from a private, comfortable spot. Lying down is fine.

No guaranteed results

Every body is different. POTS looks different for everyone, too.

- I can't promise any specific result. That includes remission, fewer symptoms, or a lower heart rate.
- Your results depend on many things, like your health history, your medical care, and how you use your plan.
- My own story isn't a promise of your results. Neither is anything you've seen on my website or social media.

Privacy and recording

- I keep what you share with me private. That includes your intake form, our session, and your plan.
- I'll only share your information if you say yes in writing, if the law requires it, or if I believe someone's safety is at serious risk.

- I won't use your story in my content unless you say yes in writing.
- HIPAA covers medical providers. It doesn't cover coaching like mine. I still protect your information with care.
- Neither of us will record our session unless we both agree first.

Your plan and my materials

- You can keep your plan and use it for your own health.
- You're welcome to share it with your doctors and anyone who helps with your care. I keep the rights to the plan I write for you and to all my materials. That includes my RISE Method materials.
- Please don't copy, sell, publish, or use any of it to coach others.

Risks and limits of liability

Any change to your diet, fluids, salt, movement, or routine carries some risk. That's especially true with POTS. You decide which changes to make. You're responsible for those choices.

To the fullest extent the law allows:

- I'm not responsible for any injury, illness, or loss that comes from your health choices.
- If I'm ever found responsible for anything related to this agreement, the most I'll owe is what you paid for the Intensive.

Ending this agreement

- You can end this agreement any time by emailing me. Refunds and payments follow the rules above.
- I can end it if I believe coaching isn't a safe fit for you right now. For example, you may need medical care first.
- I can also end it if communication becomes abusive or threatening.
- If I end it before I deliver your plan, I'll refund what you've paid. I'll also cancel any remaining payments.
- Some parts still apply after our work ends. These are the sections on payments, medical care, results, privacy, materials, and liability.

General terms

- **Texas law.** The laws of Texas govern this agreement.
- **Working things out.** If we ever disagree, we'll talk first and try to work it out together.
- **Our full agreement.** This is our whole agreement about the Intensive. It replaces anything we discussed before.
- **Changes.** Any change has to be in writing, and we both have to agree. Email counts.
- **If part doesn't hold up.** If a court finds part of this agreement can't be enforced, the rest still applies.

Accepting this agreement

This agreement starts the day you accept it. You can accept it by checking the box at checkout or by signing below. Either way counts the same as signing on paper.

By accepting, you confirm that:

- You've read and understand this agreement.
- You're 18 or older.
- You understand I'm a coach, not a medical provider.
- You agree to these terms.

	Client	JB Lang Solutions LLC, doing business as POTS Warriors
Signature		By:
Name		
Title		Owner
Date		