

The Pattern Tracker Terms & Conditions

POTS Warriors, a DBA of JBLang Solutions LLC

1. Introduction

The Pattern Tracker is a digital tracking tool that helps you log your daily symptoms, habits, and possible triggers so you can spot patterns over time. It was created for people living with POTS, EDS, MCAS, and related chronic conditions.

The Pattern Tracker and all related materials are educational and organizational tools. They are not a substitute for medical advice, diagnosis, or treatment.

The structure of the Pattern Tracker is based on years of experience in health coaching, fitness, and working with people who manage chronic symptoms.

2. Terms and Conditions

Welcome to POTS Warriors. POTS Warriors is a trade name (DBA) of JBLang Solutions LLC, a Texas limited liability company (“POTS Warriors,” “we,” “us,” or “our”).

These Terms & Conditions (“Terms”) govern your purchase, access to, and use of the Pattern Tracker (the “Product”). They also govern potswarriors.com and any related checkout pages, emails, and delivery platforms (together, the “Site”).

Please read these Terms carefully before purchasing or using the Product. By completing a purchase, downloading, or using the Product or Site, you agree to these Terms. If you do not agree, do not purchase or use the Product.

3. Changes to These Terms

We may update these Terms at any time. Changes take effect as soon as they are posted on the Site, and the “last updated” date will reflect the change.

Your continued use of the Product or Site after changes are posted means you accept the updated Terms. Please check this page from time to time.

Some features, offers, or purchases (such as the 30-Day Pattern Challenge or other programs) may have additional terms posted with them. Those terms are part of these Terms by reference.

4. Medical Disclaimer

The Pattern Tracker, the Site, and all POTS Warriors programs, challenges, emails, and materials are for educational and informational purposes only. They do not provide medical advice, diagnosis, or treatment.

The Pattern Tracker is a self-tracking tool. It is not a medical device, and it is not designed to diagnose, treat, cure, or prevent POTS, EDS, MCAS, or any other medical, mental health, or

nutritional condition. Any patterns you notice are observations for you to discuss with your healthcare team. They are not medical conclusions.

POTS Warriors is a health coaching brand. We are not physicians, nurses, pharmacists, or licensed mental health providers. Using the Product does not create a doctor-patient, therapist-client, or coaching-client relationship.

Always talk with a licensed physician or qualified healthcare professional before making changes to your medications, supplements, fluids, salt intake, diet, exercise, or any other part of your care. Never ignore professional medical advice, or delay seeking it, because of something you tracked or read through POTS Warriors.

The Product is not for use in a medical emergency. If you faint and are injured, have chest pain, trouble breathing, a severe allergic reaction, or believe you are having a medical emergency, call 911 or go to the nearest emergency room.

Every body is different. Your symptoms, triggers, and responses may not match anyone else's. We make no promises or guarantees about any health outcome, symptom change, or result from using the Product.

Testimonials, comments, or stories shared by customers or community members reflect only that person's experience. They are not medical claims or promises by POTS Warriors.

You are responsible for your own health decisions. By using the Product, you agree that you do so voluntarily and that you will consult appropriate licensed professionals as needed.

5. Eligibility

You must be at least 18 years old to purchase the Product. By purchasing, you confirm that you are 18 or older and able to enter a binding agreement.

A parent or legal guardian may use the Product to track patterns for their minor child. In that case, the parent or guardian accepts these Terms and is responsible for how the Product is used.

You agree to provide accurate and complete information at checkout and to keep your contact details current.

6. The Product and Your License

The Pattern Tracker is a digital spreadsheet template delivered electronically after purchase. Details about format, features, and access are listed on the sales page or checkout page. If those details conflict with these Terms, the product-specific details control for that Product only.

When you purchase, you receive a limited, personal, non-exclusive, non-transferable, revocable license to use the Product for your own personal, non-commercial use.

You may make copies for your own personal backup and use. You may not:

- Share, resell, give away, or distribute the Product or your download link
- Upload or post the Product (or any part of it) online, including in groups or shared drives

- Rebrand, repackage, or sell a modified version of the Product
- Use the Product to coach, train, or consult with others, or to build a competing product

Buying the Product does not give you ownership of it. All rights not expressly granted to you are reserved by JBLang Solutions LLC.

We may update, improve, or discontinue the Product at any time. Updates are not guaranteed.

7. Fees and Payment

The price of the Product is listed on the sales page or checkout page at the time of purchase. By purchasing, you agree to pay all charges shown.

Payments are processed by third-party payment processors. By purchasing, you authorize POTS Warriors and its payment processors to charge your selected payment method. One-time purchases are charged at checkout.

If you join an offer with a payment plan or recurring billing (such as a future challenge or membership), you authorize the scheduled charges shown at checkout until they are paid in full or you cancel as that offer's terms allow. Missed payments may pause or end your access until your account is current.

We may change prices at any time. Price changes apply only to future purchases.

8. Refund Policy

All sales are final. Because the Pattern Tracker is a digital product delivered instantly, we do not offer refunds, credits, or exchanges.

If you have trouble accessing or downloading your purchase, contact us and we will help make it right.

If you file a chargeback or payment dispute instead of contacting us, we may end your access to the Product and any future POTS Warriors offers. You remain responsible for amounts owed, along with any related dispute or collection fees.

If we end your access because you broke these Terms, including by sharing the Product, you will not receive a refund.

9. Accounts and Login Credentials

Some purchases or programs may require an account or login. You are responsible for keeping your login details private and for all activity under your account.

Your account and download links are for you only. Please tell us right away if you believe someone has used your account without permission. We are not responsible for losses caused by your failure to protect your login details.

10. Your Tracking Data and Privacy

The information you enter into your copy of the Pattern Tracker stays in your copy. POTS Warriors does not see, collect, or store it unless you choose to share it with us.

If you choose to share tracking data, screenshots, or health details with us or in a community space, you do so voluntarily and at your own risk.

Your use of the Site is also governed by our Privacy Policy at [potswarriors.com/privacy], which is part of these Terms.

11. Community Participation and Conduct

Some offers, such as the 30-Day Pattern Challenge, may include group spaces, live calls, or comments. When you take part, you agree to be respectful and lawful.

You agree not to post or send anything that is harassing, threatening, hateful, obscene, defamatory, or spam. You also agree not to impersonate anyone, share viruses or harmful code, collect other members' personal information, or try to access areas of the Site you are not authorized to use.

Please keep what other members share private. We cannot guarantee that every participant will do the same, so share only what you are comfortable sharing.

We may remove content or remove you from any community space, without a refund, if your conduct breaks these Terms or harms other members.

12. Content You Share

You are responsible for any comments, feedback, testimonials, or other content you submit. You confirm you have the right to share it.

By sharing a testimonial or feedback with us, you give POTS Warriors a non-exclusive, royalty-free, worldwide right to use, edit, and share it for business and marketing purposes. We will not publish your full name or identifiable health details without your permission.

13. Intellectual Property

The Pattern Tracker, the RISE Method, and all Site content (including text, graphics, spreadsheets, worksheets, videos, frameworks, logos, and designs) are owned by or licensed to JBLang Solutions LLC. They are protected by United States and international copyright and trademark laws.

The POTS Warriors name, logos, and related marks may not be used without our prior written permission. Any unauthorized use of our content may result in loss of access, without a refund, and any other remedies available by law.

14. Third-Party Tools and Websites

The Product may be delivered through, or used with, third-party platforms such as checkout systems, email tools, and spreadsheet apps. The Site may also link to outside websites.

We do not control or endorse these third parties. Your use of them is at your own risk and is governed by their own terms. POTS Warriors is not responsible for their content, services, outages, or data practices.

15. Disclaimer of Warranties and Limitation of Liability

TO THE FULLEST EXTENT ALLOWED BY LAW, THE PRODUCT AND SITE ARE PROVIDED “AS IS” AND “AS AVAILABLE,” WITHOUT WARRANTIES OF ANY KIND, EXPRESS OR IMPLIED. THIS INCLUDES ANY IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, AND NON-INFRINGEMENT.

JBLANG SOLUTIONS LLC, DOING BUSINESS AS POTS WARRIORS, AND ITS OWNERS, CONTRACTORS, AND REPRESENTATIVES (THE “POTS WARRIORS PARTIES”) DO NOT PROMISE THAT THE PRODUCT OR SITE WILL MEET YOUR NEEDS, BE ERROR-FREE, OR PRODUCE ANY PARTICULAR RESULT.

TO THE FULLEST EXTENT ALLOWED BY LAW, THE POTS WARRIORS PARTIES ARE NOT LIABLE FOR ANY DIRECT, INDIRECT, INCIDENTAL, SPECIAL, OR CONSEQUENTIAL DAMAGES ARISING FROM YOUR USE OF, OR INABILITY TO USE, THE PRODUCT OR SITE. THIS INCLUDES ANY HEALTH DECISIONS YOU MAKE BASED ON INFORMATION YOU TRACKED, LOSS OF DATA, OR ERRORS IN THE PRODUCT.

IN ALL CASES, OUR TOTAL LIABILITY FOR ANY CLAIM IS LIMITED TO THE AMOUNT YOU PAID FOR THE PRODUCT.

Some jurisdictions do not allow certain warranty disclaimers or liability limits. In those places, these limits apply to the fullest extent the law allows.

16. Indemnification

You agree to defend, indemnify, and hold harmless the POTS Warriors Parties from any claims, losses, damages, costs, and reasonable attorneys’ fees arising from your use of the Product or Site, content you share, your breach of these Terms, or your violation of anyone else’s rights.

17. Termination

These Terms stay in effect until ended by you or by us. You may end them at any time by no longer using the Product or Site.

We may suspend or end your access at any time, without notice, if we believe you have broken these Terms or harmed other users or POTS Warriors. If your access ends, you must stop using the Product and delete any copies you have.

We may change, pause, or discontinue the Site or any Product at any time. We are not liable to you or anyone else for doing so.

Sections 4, 6, 8, 10, 12, 13, 15, 16, 19, 20, and 21 continue to apply after these Terms end.

18. SMS and Text Messaging

Brand: POTS Warriors (JBLang Solutions LLC)

What we send: If you opt in, we may text you about your purchases and programs. This includes delivery or access reminders, challenge or live call reminders, and waitlist updates. [Edit this line if you also plan to send promotional texts.]

Frequency: Message frequency varies based on the offers you joined.

Cost: Message and data rates may apply.

Opt out or get help: Reply STOP to cancel at any time. Reply HELP for help, or email [your email].

Privacy: See our Privacy Policy at [potswarriors.com/privacy]. We do not sell or share your mobile number for marketing by others.

Carriers: Mobile carriers are not liable for delayed or undelivered messages.

19. Governing Law and Disputes

These Terms are governed by the laws of the State of Texas, without regard to its conflict of law rules. You agree that any claim related to the Product, Site, or these Terms will be brought only in the state or federal courts located in Montgomery County, Texas, and you consent to that jurisdiction.

TO THE EXTENT ALLOWED BY LAW, YOU AND POTS WARRIORS EACH WAIVE THE RIGHT TO A JURY TRIAL. ALL CLAIMS MUST BE BROUGHT INDIVIDUALLY, NOT AS PART OF A CLASS OR REPRESENTATIVE ACTION.

Any claim must be filed within one (1) year after it arises, or it is permanently barred.

20. Severability and Interpretation

If any part of these Terms is found unenforceable, the rest of the Terms still apply. The word “including” means “including without limitation.”

21. Entire Agreement and Miscellaneous

These Terms, together with our Privacy Policy and any offer-specific terms, are the entire agreement between you and POTS Warriors about the Product and Site. They replace any earlier agreements or statements on the same subject.

If we do not enforce a term right away, we have not waived our right to enforce it later. You may not transfer your rights under these Terms. We may transfer ours, including to a successor business.

22. Copyright Concerns

We respect the intellectual property of others. If you believe content on the Site infringes your copyright, email us at [your email] with the following:

- Your physical or electronic signature
- A description of the copyrighted work
- Where the material you believe is infringing appears on the Site
- Your address, phone number, and email
- A statement that you believe in good faith the use is not authorized
- A statement, under penalty of perjury, that your notice is accurate and that you own the copyright or are authorized to act for the owner

23. Contact Us

Questions about these Terms? Reach us at:

POTS Warriors
JBLang Solutions LLC
[Mailing address]
[Email address]

Last updated: [Date you publish]