

THE ELEVATION METHOD

MASTER — TEM 21-DAY STRUCTURE SPRINT SERVICE AGREEMENT

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21-DAY STRUCTURE SPRINT SERVICE AGREEMENT

Prepared for: [CLIENT FULL NAME]

Effective Date: [DATE]

This 21-Day Structure Sprint Service Agreement (“Agreement”) is entered into between Jessica Sta. Maria, doing business as The Elevation Method (“The Elevation Method,” “TEM,” “Coach,” “we,” “us,” or “our”), and [CLIENT FULL NAME] (“Client,” “you,” or “your”).

A copy of this Agreement may be provided before purchase so prospective clients can review the applicable terms.

By purchasing the 21-Day Structure Sprint and signing this Agreement, Client confirms that they have read, understood, and voluntarily agree to the following terms.

1. SERVICE DETAILS

Service: 21-Day Structure Sprint

Purchase Price: \$247

Service Format: A focused 21-day nutrition coaching experience designed to identify and address one high-impact nutrition bottleneck through personalized strategy, implementation support, weekly check-ins, and accountability.

The Sprint includes:

- personalized Sprint intake review
- identification of one primary high-impact nutrition problem
- development of an initial personalized strategy
- one private kickoff coaching call approximately 30–45 minutes in duration
- 21 days of focused implementation
- weekly coaching check-ins during the Sprint
- reasonable adjustments to the Sprint strategy where appropriate
- accountability and coaching support within the boundaries described in this Agreement
- Next-Step Recommendations at the conclusion of the Sprint

Client understands that the 21-Day Structure Sprint is a short-term, focused coaching service.

It is NOT ongoing 1:1 coaching and does not include a closing coaching call unless separately purchased or expressly agreed.

2. PURPOSE OF THE SPRINT

The Sprint is designed around the principle:

ONE PROBLEM. THREE WEEKS. A STRUCTURE YOU CAN ACTUALLY USE.

Rather than attempting to change every aspect of Client's nutrition at once, Coach will use Client's intake information and professional coaching judgment to identify the nutrition problem most likely to create meaningful improvement during the available 21-day period.

Examples of possible Sprint focus areas may include:

- inconsistent meal timing
- inadequate protein intake
- poor nutrition structure on busy days
- frequent takeout without a workable decision framework
- weekend nutrition breakdowns
- skipped meals
- lack of backup nutrition
- food-environment friction
- emotional or reactive eating patterns within coaching scope
- all-or-nothing nutrition behavior
- planning difficulties
- difficulty returning to normal eating after deviations
- another focused nutrition behavior appropriate for short-term coaching

The exact Sprint focus will vary by Client.

3. HOW THE SPRINT FOCUS IS SELECTED

Coach may consider factors including:

- Impact — how strongly the issue affects Client's goals
- Frequency — how often the problem occurs
- Upstream Leverage — whether improving the issue is likely to improve other behaviors
- 21-Day Feasibility — whether meaningful progress can reasonably be made within the Sprint period

Coach will use the intake, Client discussion, and professional coaching judgment to identify the most appropriate primary focus.

Client understands that the highest-value Sprint strategy may not necessarily be the issue Client initially expected to address.

4. DELIVERY PROCESS

The standard Sprint process is:

- 1. Client completes the required 21-Day Structure Sprint intake.**
- 2. Coach reviews Client's responses and identifies the likely highest-leverage nutrition problem.**
- 3. Coach prepares an initial structure or strategy for the Sprint.**
- 4. Client attends the included 30–45 minute kickoff call.**
- 5. During the kickoff call, Coach and Client confirm the Sprint focus, discuss relevant context, pressure-test the proposed strategy, and make reasonable adjustments.**
- 6. Client implements the agreed strategy over the following 21-day coaching period.**
- 7. Client completes scheduled weekly check-ins.**
- 8. Coach reviews progress, identifies relevant patterns, and makes reasonable adjustments while preserving the Sprint's primary focus.**
- 9. At the conclusion of the Sprint, Client receives Next-Step Recommendations.**

The Sprint is intentionally focused.

Coach is not obligated to redesign the Sprint around multiple unrelated nutrition goals once the primary focus has been established.

5. SPRINT START DATE

Unless otherwise agreed in writing, the 21-day implementation period begins on the date of Client's kickoff call or on another start date expressly confirmed by Coach.

Delays caused by Client's failure to:

- complete the intake
- schedule the kickoff call
- attend the kickoff call
- begin implementation

do not automatically entitle Client to a refund.

Client should complete the intake and schedule the kickoff call promptly after purchase.

6. KICKOFF COACHING CALL

The Sprint includes one private kickoff coaching call approximately 30–45 minutes in duration.

The purpose of the kickoff call is to:

- confirm the primary Sprint problem
- discuss the intake findings
- review the proposed strategy
- identify foreseeable barriers
- adjust the approach to Client's real schedule and circumstances
- establish clear expectations for the next 21 days

The kickoff call is not intended to function as an unlimited general nutrition consultation.

7. WEEKLY CHECK-INS

The Sprint includes scheduled weekly coaching check-ins during the 21-day implementation period.

Client agrees to provide accurate information regarding:

- **implementation**
- **successes**
- **difficulties**
- **adherence**
- **relevant hunger or appetite patterns**
- **schedule disruptions**
- **behavioral friction**
- **environmental barriers**
- **questions relevant to the Sprint focus**

Coach will use this information to provide feedback and make reasonable strategy adjustments.

Missed or late check-ins do not:

- **extend the 21-day Sprint period**
- **create a refund**
- **create a credit**
- **guarantee a make-up coaching response**

Coach may make reasonable exceptions at their discretion.

8. COMMUNICATION DURING THE SPRINT

Client may submit reasonable questions or updates during the Sprint using TEM's designated communication channel.

However, the Sprint is not an unlimited real-time messaging service.

Substantive coaching feedback is primarily provided through the scheduled check-in process unless Coach determines that an earlier response is appropriate.

Client understands that:

- Coach is not continuously available
- instant responses are not guaranteed
- questions may be addressed during the next scheduled coaching response
- messaging is not an emergency service
- the Sprint does not provide the same access level as Premium 1:1 Coaching

If Client requires a medical, psychiatric, or other emergency response, Client should contact appropriate emergency services or qualified healthcare professionals.

9. NEXT-STEP RECOMMENDATIONS

At the conclusion of the Sprint, Coach may provide a brief summary including:

- what improved
- what still needs work
- what Client should continue doing
- what Client may benefit from focusing on next
- whether independent continuation appears appropriate
- whether additional coaching may be beneficial

Where relevant, Coach may recommend:

- continuing independently
- Guided 1:1 Coaching
- Premium 1:1 Coaching
- another appropriate service or professional resource

Such recommendations do not obligate Client to purchase additional services.

The Sprint does not include a closing coaching call unless separately purchased or expressly agreed.

10. CLIENT RESPONSIBILITIES

Client agrees to:

- provide truthful, accurate, and materially complete information
- complete the required Sprint intake
- communicate openly about relevant challenges and changes
- attend and participate in the kickoff call
- complete weekly check-ins
- disclose relevant medical conditions, medications, injuries, symptoms, restrictions, or health changes when they may affect coaching
- consult appropriately qualified healthcare professionals when necessary
- obtain medical clearance where appropriate
- ask questions when recommendations are unclear
- notify Coach if a recommendation appears unrealistic, inappropriate, overly restrictive, or unsustainable
- immediately discontinue any activity or recommendation that produces concerning symptoms and seek appropriate care

- understand that implementation decisions remain Client's responsibility
- participate voluntarily
- maintain respectful communication
- use TEM materials only as permitted under this Agreement

Client confirms that they are at least 18 years old and legally capable of entering into this Agreement.

11. SCOPE OF PRACTICE

The Elevation Method provides nutrition coaching, nutrition education, general wellness guidance, behavior-change support, planning, and accountability.

TEM services are not a substitute for individualized care from a physician, registered dietitian where required, licensed mental-health professional, or other appropriately qualified healthcare provider.

Unless separately licensed and expressly providing such services through an appropriate professional practice, TEM does not provide:

- medical diagnosis
- medical treatment
- medical nutrition therapy
- treatment of disease
- prescription of medications
- psychotherapy
- mental-health diagnosis
- treatment of eating disorders
- emergency medical or psychiatric care

Nutrition and wellness coaching may involve discussion of habits, motivation, emotions, stress, behavior, cravings, or psychological concepts.

Such discussion does not constitute psychotherapy or mental-health treatment.

Coach may recommend that Client seek additional professional evaluation or support when Client's needs exceed TEM's scope.

12. NO GUARANTEE OF RESULTS

Coach agrees to provide the purchased service professionally and in good faith.

TEM does not guarantee any specific:

- **weight change**
- **body composition result**
- **body-fat percentage**
- **physical appearance**
- **health outcome**
- **behavioral outcome**
- **rate of progress**
- **timeline**
- **maintenance outcome**

A 21-day coaching period is intended to build useful structure, skill, and momentum.

It does not guarantee that a behavior will be permanently changed or that Client's broader nutrition goals will be achieved within three weeks.

Results depend on numerous factors including Client participation, consistency, physiology, health, lifestyle, environment, implementation, and circumstances outside Coach's control.

Client understands that purchasing the Sprint purchases professional coaching, strategy, accountability, and support—not a guaranteed outcome.

13. PAYMENT & NO-REFUND POLICY

The 21-Day Structure Sprint is purchased for a one-time fee of \$247.

Except where otherwise required by law, payments are non-refundable once processed.

Client's failure to:

- complete the intake
- schedule the kickoff call
- attend the kickoff call
- complete check-ins
- implement recommendations
- participate throughout the full Sprint
- use provided materials

does not automatically create a refund or credit.

The Sprint is considered available when TEM has provided Client reasonable access to the purchased delivery process.

14. SCHEDULING, CANCELLATION & NO-SHOWS

At least 24 hours' notice is required to cancel or reschedule the included kickoff call.

Cancellation with less than 24 hours' notice or failure to attend may result in forfeiture of the included session.

Emergency or exceptional circumstances may be considered at Coach's discretion.

A forfeited or unused kickoff session does not ordinarily create:

- a refund

- cash value
- account credit
- an automatic replacement session

Coach may permit a replacement session at their discretion.

15. SERVICE EXPIRATION

Client should complete the required intake and use the purchased Sprint within a reasonable period following purchase.

Unless otherwise agreed in writing, Client must begin the Sprint within 60 days of purchase.

Failure to begin the Sprint within this period due to Client inactivity does not automatically create a refund or indefinite obligation for TEM to hold the service open.

Coach may extend this period at their discretion for reasonable circumstances.

16. FOCUSED SCOPE OF THE SPRINT

The Sprint is intentionally designed around one primary problem.

Coach may address supporting issues when they directly affect the Sprint focus, but the service does not include unlimited assessment or treatment of every nutrition challenge Client experiences.

If additional issues emerge that require deeper or ongoing coaching, Coach may recommend another TEM service or an appropriate outside professional.

Client understands that preserving focus is part of the Sprint methodology rather than a limitation in service quality.

17. INTELLECTUAL PROPERTY

The Elevation Method retains all ownership rights in its proprietary materials, systems, methodologies, content, and intellectual property.

Protected materials include, without limitation:

- The Elevation Method methodology
- 21-Day Structure Sprint framework
- intake and diagnostic frameworks
- worksheets
- coaching prompts
- strategy structures
- educational resources
- templates
- written materials
- behavior-change tools
- proprietary terminology
- systems and processes
- other TEM resources provided through the Sprint

Client receives a limited, personal, non-exclusive, non-transferable, revocable license to use materials provided through the Sprint solely for Client's own personal use.

Client may NOT, without TEM's prior written permission:

- sell or resell TEM materials
- redistribute TEM materials
- publicly post or publish proprietary TEM materials
- reproduce substantial portions for others

- share paid resources with non-clients
- sublicense TEM materials
- remove ownership or copyright notices
- teach or commercially distribute TEM frameworks as their own
- reproduce TEM templates for another coaching business
- adapt TEM intellectual property into competing commercial products or services
- use TEM proprietary materials to develop, train, or substantially reproduce competing commercial coaching products, programs, systems, or artificial-intelligence outputs

Client retains ownership of Client's own original personal information and reflections.

Customization of TEM materials for Client does not transfer ownership of the underlying TEM methodology, template, structure, or intellectual property.

18. CLIENT INFORMATION & PRIVACY

Client may provide information reasonably relevant to the Sprint, including:

- nutrition habits
- body-weight information
- lifestyle information
- photographs where applicable
- progress information
- health-related context
- behavioral reflections
- check-in responses

Client authorizes TEM to receive, store, review, and use this information as reasonably necessary to provide the purchased service.

Providing information for coaching purposes does NOT grant TEM permission to use Client's:

- **name**
- **likeness**
- **photographs**
- **testimonial**
- **personal story**
- **identifiable results**

for marketing or advertising.

Marketing use requires separate explicit authorization.

19. THIRD-PARTY PLATFORMS

TEM may use third-party platforms and service providers to:

- **process payment**
- **administer intake forms**
- **schedule sessions**
- **communicate**
- **store documents**
- **provide meal-planning or nutrition resources**
- **deliver Client materials**

Client understands that electronic communication and third-party technology involve inherent privacy and cybersecurity risks.

TEM will use reasonable business practices to protect Client information but cannot guarantee absolute security of third-party systems.

20. TERMINATION OR REFUSAL OF SERVICE

TEM may suspend or terminate the service where reasonably necessary, including for:

- abusive, threatening, discriminatory, harassing, or inappropriate behavior
- fraudulent activity
- misuse of TEM intellectual property
- material dishonesty that prevents appropriate coaching
- repeated boundary violations
- circumstances that make the coaching relationship unsafe or unworkable
- needs that clearly exceed TEM's professional scope
- material violation of this Agreement

If TEM terminates due to Client misconduct or material breach, Client is not automatically entitled to a refund.

If TEM independently determines that it cannot appropriately provide the purchased service for reasons unrelated to Client misconduct, TEM may terminate the relationship and provide an appropriate full or partial refund for genuinely unused services where reasonable or required by law.

21. PERSONAL RESPONSIBILITY

Client voluntarily chooses whether and how to implement Sprint recommendations.

Client remains responsible for:

- monitoring their own health

- making final nutrition and lifestyle decisions
- seeking appropriate medical care
- communicating concerning symptoms
- determining with appropriate healthcare professionals whether recommendations are suitable where necessary

Nothing in the Sprint should be interpreted as an instruction to ignore medical advice or delay necessary professional care.

22. GOVERNING LAW & DISPUTE RESOLUTION

This Agreement will be governed by the laws of the State of New York, except where applicable law requires otherwise.

Before initiating formal litigation, the parties agree to make a good-faith effort to resolve disputes informally.

Where appropriate and mutually agreed, the parties may attempt mediation before pursuing litigation.

Nothing in this Agreement prevents either party from exercising rights that cannot lawfully be waived.

23. ENTIRE AGREEMENT

This Agreement constitutes the agreement between TEM and Client concerning the 21-Day Structure Sprint together with any specific purchase details expressly incorporated into it.

It supersedes prior informal representations regarding the purchased service.

Any material modification must be confirmed in writing.

24. SEVERABILITY

If any provision of this Agreement is determined to be invalid or unenforceable, the remaining provisions will remain effective to the fullest extent permitted by law.

25. NO WAIVER

If TEM chooses not to enforce a provision on one occasion, that does not permanently waive TEM's right to enforce that provision or another provision later.

A discretionary exception does not create an entitlement to future exceptions.

26. ELECTRONIC COMMUNICATION & SIGNATURE

Client agrees to receive this Agreement and related communications electronically.

Electronic signatures are intended to have the same force and effect as handwritten signatures to the extent permitted by applicable law.

27. ACKNOWLEDGMENT

By signing below, Client acknowledges and agrees that:

- Client has read this Agreement
- Client understands what the 21-Day Structure Sprint includes
- Client understands that the Sprint focuses primarily on one high-impact nutrition problem
- Client understands that the Sprint is a 21-day focused coaching service, not ongoing 1:1 coaching
- Client understands the \$247 purchase price

- **Client understands the no-refund policy**
- **Client understands the scheduling and cancellation terms**
- **Client understands the weekly check-in expectations**
- **Client understands the communication boundaries**
- **Client understands the scope and limitations of nutrition coaching**
- **Client understands that TEM does not guarantee specific results**
- **Client accepts responsibility for their own implementation and health decisions**
- **Client understands TEM's intellectual-property restrictions**
- **Client voluntarily agrees to participate under these terms**

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AGREEMENT ACCEPTANCE

Please note: By signing this document, you acknowledge that you have reviewed, understood, and agree to the terms of the **21-Day Structure Sprint Service Agreement** associated with your purchase. Your enrollment and payment have already been completed. **Delivery of your 21-Day Structure Sprint will begin once this Agreement has been electronically signed.**

Business Signature	Client Signature
Jessica Sta	
9/9/2026	9/9/2026 Signature