

Lean Mean Green Health LLC
Assumption of Risk and Release of Liability Agreement

Lean Mean Green Health LLC. ("LMG") provides personalized nutrition and health coaching, principally for those pursuing a physical passion. You, the undersigned ("Client" or "You"), desire to improve your nutrition and/or health with the guidance and support of LMG. In consideration of your participation of any LMG services, You accept the acknowledgements included below as your own, and consent to the following terms of this Assumption of Risk and Release of Liability Agreement ("Agreement"). In the event that Client is a minor, Client's parents or guardians shall sign for the Client.

ACKNOWLEDGEMENTS

You acknowledge that:

- You are taking advice from Caitlin Green and LMG at your own risk.
- Caitlin Green is not a doctor, and no person associated with LMG will provide you medical advice.
- You have disclosed to LMG, any and all relevant health information which might affect the efficacy and safety of a nutrition, fitness, and/or wellness program.
- Any nutrition, fitness, or wellness advice provided by LMG is intended for you and only for you, as LMG services are specific and exclusive to each individual client, and not intended for any other person(s) or group of people.
- It is your own personal actions and compliance that may lead to results, and LMG cannot guarantee results.
- You have disclosed your work with LMG to your doctor, or if You haven't, it is at your own risk.

TERMS AND CONDITIONS

Liability Waiver

LMG SHALL NOT BE LIABLE FOR ANY INJURIES OR LOSSES INCURRED BY CLIENT, OR BE SUBJECT TO ANY CLAIM, DEMAND, INJURY, OR DAMAGES, WHATSOEVER, INCLUDING WITHOUT LIMITATION, THOSE DAMAGES RESULTING FROM ACTS OF PASSIVE OR ACTIVE NEGLIGENCE ON THE PART OF LMG, ITS OFFICERS, EMPLOYEES, OR AGENTS. CLIENT DOES HEREBY EXPRESSLY RELEASE AND DISCHARGE LMG FROM ALL SUCH CLAIMS, DEMANDS, INJURIES, DAMAGES, ACTIONS OR CAUSES OF ACTION. **CLIENT ACKNOWLEDGES THAT SHE/HE HAS CAREFULLY READ THIS PARAGRAPH AND FULLY UNDERSTANDS THAT THIS IS A WAIVER AND RELEASE OF LIABILITY, EXPRESSLY WAIVING HER/HIS RIGHTS AND THE RIGHTS OF ANY OF HER/HIS HEIRS, LEGAL REPRESENTATIVES AND ASSIGNS, TO SUE OR OTHERWISE SEEK DAMAGES OF ANY KIND FROM LMG, ITS OFFICERS, EMPLOYEES, OR AGENTS.**

Limitation of Liability

In no event will LMG liability to a Client be greater than the amount of the fees paid by the Client to LMG for the prior ninety (90) days services, even if the amount of damages suffered by the Client are greater than the fees paid. Furthermore, in no event will LMG be liable for any indirect, special, incidental, consequential or other damages, however caused, whether for breach of contract, negligence or otherwise, and whether or not advised of the possibility of such damages occurring.

I, the undersigned, have voluntarily and without duress signed this Assumption of Risk and Release of Liability Agreement. I assert that I have read and fully understand the above Agreement, and that I agree to accept the terms of the Agreement.

Full Legal Name (Sign)

Full Legal Name (Print)

Name of Parent (if participant is under age of 18)

Email Address

Date