



OSI3R Coaching Techniques



# TERMS & CONDITIONS

You have come to RCT to change  
your Mind & Body.

This is not a Short, Cheap or Sloppy Journey.

**This Journey involves  
Trust & Discipline.**

The results are not for  
tomorrow  
or next month,

**They are for now  
& forever changing your life  
for the better...**



Document is not to be copied or distributed in any form

Exercise Specialist: Nutrition, Exercise & Life Style Coach

PN Level 1. TTFA Dip Life Coach, TTFA Dip PT, TTFA Dip Nutrition

Reg: 2024/034498/07 PTY LTD



# OSI3R Coaching Techniques

- **UPON MAKING YOUR FIRST MONTHLY FEE, YOU WILL BE AGREEING TO RCT TERMS & CONDITIONS**
- OTHER PT RECOMMENDATIONS ARE ONLY DONE FACE TO FACE
- ALL EXCLUSIVE PT SESSIONS INCLUDED BASIC NUTRITION & LIFESTYLE COACHING, MONTHLY I ADVISE WE DO WEIGHT/CHECK INS, THIS ALLOWS ME TO TRACK AND UNDERSTAND YOUR BODY, ALLOWING ME TO EXECUTE THE CORRECT EXERCISE & NUTRITION APPLICABLE FOR YOUR GOAL, THIS IS ADDED INTO THE PRICE
- RCT IS GOAL DRIVEN, IF YOU ARE NOT REACHING YOUR GOAL FOR CIRCUMSTANCES YOU HAVE CONTROL OF, WE WILL NEED TO REEVALUATE YOUR SESSIONS WITH ME, MAYBE HAVING A PT IS NOT FOR YOU RIGHT NOW, OR OTHER COACHING IS NEEDED FIRST, ETC.
- WE CANNOT CARRY OVER GROUP SESSIONS THAT ARE MISSED OR GIVE CREDITS
- WE CANNOT CARRY COVER 1ON1 SESSIONS THAT ARE MISSED FOR NOT PLANNING OR YOU GOING AWAY
- SESSIONS CANCELLED LESS THAN 48HOURS BEFORE THE SESSION ARE FORFEITED AND CANNOT BE MADE OR UP
- IF YOU ARE LATE OR MISS MORE THAN 3 SESSIONS A MONTH, THAT TIME SLOT WILL BE OFFERED TO OTHER CLIENTS, ITS ONLY FAIR TO EVERYONE
- 6 MONTHS SIGN UP DURATION IS RECOMMENDED (THIS ALLOWS RCT TO PRODUCE POSITIVE RESULTS & OFFER MONEY BACK GUARANTEE)



# OSI3R Coaching Techniques

- \*IF YOU SHOULD CHOOSE TO GO ON BY YOUR-SELF WITHOUT RCT GIVING YOU THE GO AHEAD, WE CANNOT BE HELD LIABLE OR INJURY GOING FORWARD, THIS IS A PROCESS, THE PROCESS REQUIRES COMMITMENT & CONSISTENCY\*
- GOING AWAY IS 100% ENCOURAGED AND BEST DONE MIDDLE AND END OF THE YEAR I.E. JUNE, JULY, DECEMBER & JANUARY. GOING AWAY OTHER TIMES OF THE YEAR, I CANNOT HOLD SESSIONS, CARRY OVER SESSIONS OR ANYTHING SIMILAR FOR YOU, UNLESS PAID FOR.
- RCT IS TO HELP YOU REACH YOUR GOAL, AS WELL AS EDUCATING YOU TO BE ABLE TO GO OFF BY YOURSELF WITH A BETTER UNDERSTANDING OF EXERCISE, NUTRITION & THIS LIFESTYLE
- SICK OR INJURED THAT DOES NOT ALLOW YOU TO EXERCISE IS AN AUTOMATIC CARRY OVER OF SESSIONS. LIMITED TO 1 WEEK
- SICK NOTE IS NEEDED IF YOU ARE SICK AND WOULD LIKE THE SESSIONS TO BE CARRIED OVER (THIS IS THE ONLY TIME I CAN CARRY OVER SESSIONS)
- PLEASE BE RESPECTFUL AND GIVE ME 1 MONTHS NOTICE IF YOU PLANNING ON GOING AWAY OR WOULD LIKE TO ATTEMPT TRAINING ALONE
- WE DO NOT STAY AT THE GYM FROM OPENING TO CLOSE.
- I ONLY BILL FOR FOUR WEEKS EVERY MONTH, MONTHS WITH 5TH WEEK IN, THIS IS A BREAK FROM TRAINING, CATCH UP STRETCHING, MOBILITY ETC
- PLEASE UNDERSTAND THAT WE CANNOT START COACHING YOU WITHOUT FULL PAYMENT, PAYMENTS TO BE MADE BEFORE THE 1ST OF EVERY NEW MONTH
- we coach all gender classifications



# OSI3R Coaching Techniques

## CLIENT SELF-CARE & SESSION POLICY

### COMMITMENT TO HEALTH & ACCOUNTABILITY

- YOUR RESULTS DEPEND ON CONSISTENT EFFORT BOTH DURING AND OUTSIDE OF COACHING SESSIONS. THIS INCLUDES:
- MEETING BASIC NUTRITIONAL NEEDS (ADEQUATE PROTEIN, VEGETABLES, AND HYDRATION).
- PRIORITIZING RECOVERY (SUFFICIENT SLEEP, REST DAYS, AND STRESS MANAGEMENT).

### SESSION FORFEITURE DUE TO NEGLECT

- MISSED SESSIONS OR REQUESTS FOR RESCHEDULING/CARRY-OVERS WILL NOT BE HONORED IF THE CAUSE IS LINKED TO PREVENTABLE NEGLECT OF SELF-CARE, SUCH AS:
- AVOIDABLE ILLNESS DUE TO POOR SLEEP, DEHYDRATION, OR MALNUTRITION.
- LIFESTYLE CHOICES (E.G., LATE NIGHTS, EXCESSIVE ALCOHOL, OR IGNORING RECOVERY) THAT DIRECTLY IMPACT YOUR ABILITY TO TRAIN OR ATTEND SESSIONS.
- EXAMPLE: STAYING OUT LATE DESPITE AN EARLY SESSION, THEN CANCELING DUE TO FATIGUE/ILLNESS, DOES NOT QUALIFY FOR A MAKEUP SESSION.

# OSI3R Coaching Techniques

## EXCEPTIONS

- EMERGENCIES (E.G. MEDICAL ISSUES, ACCIDENTS) OR PRE-APPROVED CONFLICTS MAY BE REVIEWED CASE-BY-CASE WITH DOCUMENTATION (E.G., DOCTOR'S NOTE).

## Body Stats:

To ensure accurate and meaningful results, measurements will only be shared every 6 months. This timeframe allows for realistic progress and avoids short-term fluctuations. Consistency over time will give the best reflection of true outcomes

WHY THIS MATTERS: COACHING IS A PARTNERSHIP.  
YOUR ADHERENCE TO FOUNDATIONAL HEALTH PRACTICES  
ENSURES PROGRESS AND RESPECTS MY TIME AS A  
PROFESSIONAL.

FAILURE TO UPHOLD THIS MAY RESULT IN TERMINATION OF  
SERVICES.

---

## NOTE:

- PAYMENTS RECEIVED AFTER THE DUE DATE ARE SUBJECT TO A 5% LATE CHARGE.
- DUE DATE: LAST DAY OF EVERY MONTH (THIS MEANS, THE MONIES NEED TO REFLECT IN THE ACCOUNT BY THE LAST DAY

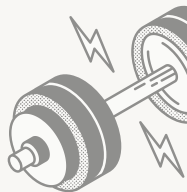




# OSI3R Coaching Techniques

## RCT's Fee's

- ARE AREA AND MARKET RELATED (THIS MEANS I CHARGE MORE OR LESS SIMILAR TO WHAT IS BEING CHARGED IN THE AREA AT A SIMILAR LEVEL OF COACHING I.E. CLIENT SATISFACTION AND GOALS DRIVEN IN A REALISTIC & SAFE TIME FRAME .
- IS HOW I CAN ASSURE I CAN GIVE THE HIGHEST LEVEL OF REALISTIC COACHING THAT WILL PROMOTE ONLY POSITIVE RESULTS PHYSICALLY & MENTALLY.



### What i do not do:

- **Make sure you feel the most pain during our session, anyone can make a person crawl out the gym**
- **Strict diets**
- **Medication**
- **Anything outside outside of gym that is not related to Exercise, Nutrition & good Lifestyle habits**
- **Steroids or similar**

We are high in demand Coaches and  
this is a Business,

we will always do our best for all clients  
and accommodate as much possible,  
but we cannot do that if it costs us money.