



Terms and Conditions for the Fit Woman: Thrive in Midlife Online Challenge

Welcome to the Fit Woman: Thrive in Midlife Challenge. By signing up for this program, you agree to the following terms and conditions. Please read them carefully.

1. Scope of Service

This challenge is an online program provided by “Get Fit with Nic Personal Training” (“GFWN”), designed to help participants build healthy habits, improve strength, and support midlife wellness. The program includes access to workouts, meal guidance, weekly live chats, educational materials, and a private community.

2. Payment Terms

- **Full Payment:** Participants may pay the full amount upfront as indicated on the registration page.
 - **Payment Plans:** Participants opting for payment plans agree to the specified recurring payments until the total amount is paid.
 - **Refund Policy:** All payments are final and non-refundable, except in the event that GFWN cancels the program. If a participant cannot continue due to unforeseen circumstances, credit for future programs may be offered at the discretion of the provider.
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3. Content Access

- Participants will gain access to Prep Week content starting on January 29, 2025, and weekly challenge modules beginning February 3, 2025.
 - Access to content is personal and non-transferable. Sharing login details or challenge materials is prohibited.
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4. Health and Safety

- Participants are responsible for ensuring they are in appropriate physical and mental health to participate in this program. GFWN strongly recommends consulting with a healthcare provider before starting any new fitness or nutrition plan.
 - GFWN is not liable for any injuries, health issues, or adverse effects resulting from participation in the challenge.
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5. Privacy and Data Use

- Participant data, including email addresses and progress tracking information, will be used solely for the purpose of administering the challenge.
 - Refer to our Privacy Policy for more details.
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6. Program Modifications

- GFWN reserves the right to modify the program schedule, content, or delivery method as necessary. Any significant changes will be communicated to participants.
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7. Community Guidelines

- Participants agree to engage respectfully within the private community. Harassment, inappropriate behaviour, or breach of confidentiality will result in removal from the program without a refund.
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8. Support and Communication

- Participants will receive weekly emails, live chat access, and group check-ins as part of the program.
 - Email inquiries will be responded to within 48 hours during business days.
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9. Intellectual Property

- All content provided in the challenge, including workouts, meal plans, and educational materials, remains the property of GFWN. Participants may not reproduce, share, or distribute this content without permission.
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10. Termination of Access

- Access to the program may be revoked for violations of these terms or if recurring payments fail to process. Participants are responsible for ensuring payment methods remain valid.
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11. Payment via Weekly Direct Debit

- **Payment Details:** This section applies only to participants opting for the weekly payment plan. All payments for the **Fit Woman: Thrive in Midlife Challenge** are processed weekly in advance through Stripe, our third-party payment processor.
 - **Payment Frequency:** Payments will be automatically debited weekly for the duration of the 6-week challenge. The total payment amount will be divided evenly across the 6 weeks.
 - **Responsibility:** It is your responsibility to ensure sufficient funds are available in your account prior to the scheduled debit date.
 - **Updating Payment Information:** If your payment details change (e.g., bank account or credit card updates), you must notify GFWN at least 72 hours before your next payment is due.
 - **Failed Payments:** In the event of a failed payment, we will contact you to arrange payment. If the issue is not resolved within 7 days, access to the challenge may be paused until payment is received.
 - **Refunds and Adjustments:** Payments are non-refundable except in cases where the challenge is cancelled by GFWN,
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Acknowledgment

By registering for the Fit Woman: Thrive in Midlife Challenge, you acknowledge that you have read, understood, and agreed to these terms and conditions.



Contact Information

For questions or concerns, please contact GFWN via email mail@getfitwithnic.com.au or phone 0409 800 487.