

Service terms and privacy

Complete the relevant fields and return privately.

Adults 18+ | GradientPeak Coaching

Read these terms, then add your name, signature and date on the last page. You do not fill in service, pricing or administrative details. GradientPeak Coaching supplies your agreed service, start/session date, price, due date, payment method and private contact/return instructions in writing before booking or starting. No purchase or automatic charging is authorized merely by signing these terms.

Services

Personal Coaching: \$200/calendar month for an individualized TrainingPeaks program, one written weekly human review and appropriate adjustments. One 30-minute onboarding conversation is included. Brief messages have a target response time of two business days. Later calls, private sessions and assessments are separate; TrainingPeaks Premium is not included.

Technique assessment: \$150/60 minutes, one sport, in person in Philadelphia. Recommendations are discussed in the session and notes follow; no separate remote results call. Performance assessment: tests, duration and price agreed before booking, including report/results discussion; suitable, available body-composition measurement is optional and included. Confirm additions first.

Free adult beginner guidance: one month of email guidance with agreed expectations; no TrainingPeaks support, private sessions, assessments or automatic paid conversion.

Payment and cancellation

Coaching is month-to-month, due on the 1st. GradientPeak Coaching calculates the initial bill: $\$200 \times \text{calendar days from start through month-end, including the start date, divided by the actual number of days in that month; round to cents}$. Due before starting. No automatic card/bank charging, late fee or cancellation fee.

Either party may end coaching through the private channel. Future billing stops. Agree the effective end date/last service day; unused prepaid days after that date are refunded within 14 days at the applicable monthly rate divided by the actual days in that month.

Assessment price and due date are agreed before booking. Cancellation before the session starts is refunded within 14 days; rescheduling has no coaching fee. Nonrefundable third-party costs are excepted only if disclosed and accepted beforehand. No-show terms must be agreed beforehand, otherwise no additional penalty applies. Stopping exercise or declining a sample carries no extra penalty.

Coaching is not medical diagnosis, treatment or an emergency service. Messages/uploads are not continuously monitored; use emergency services for emergencies. No outcome is guaranteed. Signing these terms does not itself consent to exercise or testing; sign the relevant service section after discussion.

Service terms and privacy

Complete the relevant fields and return privately.

Adults 18+ | GradientPeak Coaching

Privacy and optional sharing

GradientPeak Coaching uses relevant contact, intake, training, agreement, consent, assessment and incident information to deliver the service, communicate and manage safety/required records. No full intake packets in TrainingPeaks, advertising, public posts or general-purpose AI.

Only your coach accesses the private record store on an encrypted, access-controlled device with encrypted backup. These arrangements must be implemented before accepting records. Return in person or by agreed secure transfer, not ordinary-email health attachments or public uploads.

Adult service, consent, assessment and incident records are retained seven years after the last service, longer only for an unresolved claim or applicable requirement. Unconverted enquiries are deleted after 90 days. Secure disposal and backup retention follow these limits; occupational records may require separate periods.

Use the privately supplied coaching contact for access, correction, deletion or withdrawal requests. Your coach verifies requests, explains retention/recipient limits and confirms action. Withdrawal stops future optional sharing where possible, not past lawful disclosures. Legal or urgent safety disclosures are limited to what law permits/requires. Security incidents and required notifications follow applicable law. No HIPAA certification or unconditional erasure is promised.

Necessary service systems

For TrainingPeaks coaching, the agreed program/training record is necessary processing; its platform privacy policy also applies. Your coach explains the data and account access before connection. Discuss alternatives or a changed service before starting if you decline a necessary use; an alternative is not guaranteed. Your coach identifies any other necessary platform and its purpose/data before use. Never supply passwords here.

Optional sharing - leave blank unless requested

No optional report or health-data sharing is authorized by signing these terms. If requested, your coach supplies a written notice naming one recipient/account, exact data, purpose, frequency and end date before you decide. You do not fill in those details. Keep that notice with this signed document; use a separately dated permission for another recipient or changed scope.

☐ I authorize only the optional sharing in the written notice supplied with these terms. Blank or incomplete scope gives no authorization.

Account integrations require separate platform authorization; this form connects no accounts. Your coach retains the original permission and dates any withdrawal, action and confirmation.

Service terms and privacy

Complete the relevant fields and return privately.

Adults 18+ | GradientPeak Coaching

Recording and acceptance

Optional private photos/video

With permission, your coach records the agreed activity for private review/feedback. Only you and your coach access footage, stored encrypted under the record policy. Confirm recording before starting. External recording/sharing services need separate explanation and permission. Discuss a non-recorded alternative if you decline; availability is not guaranteed.

☐ I permit private photos/video for the coaching/assessment explained to me. I may decline or stop a recording at any time.

☐ I also permit audio with that private recording. Blank means no audio.

Audio stays off unless selected and everyone whose covered communications will be recorded has agreed in advance. Avoid capturing bystanders. Signing below does not select either recording permission.

Optional public/marketing use

Private recording is not publication permission. For marketing, your coach supplies the images/clips, name or anonymous treatment, channels, purpose and end date in writing. Keep that notice with these terms; no notice means no permission. Health records and assessment results are excluded.

☐ I authorize only the public/marketing use in the written notice supplied with these terms. Blank or incomplete scope gives no permission. This is optional, not a condition of coaching.

Request withdrawal through the private coaching contact. Future optional use stops and controlled posts are removed where feasible; previously distributed material and third-party copies may not be recoverable.

Acceptance

By signing, I accept these terms and acknowledge the privacy notice. My signature does not select optional sharing, recording, audio or marketing. I can leave all optional boxes blank and still sign these terms.

Full name

Signature

Date

Keep a completed copy and notices. Use the agreed private signing process; a typed name alone does not authenticate identity. Leave coach fields blank for signing after submission.

Coach signature (after submission)

Coach date