

Terms & Conditions

1. Eligibility

- Participants must be at least 18 years of age or older.
- By entering, you confirm that you are in good health and able to engage in physical activity. You should consult with a healthcare provider before starting any fitness or nutrition program, especially if you have any pre-existing medical conditions.

2. Challenge Duration

- The challenge runs for 6 consecutive weeks from 4th November 2024.

3. Program Details

- The challenge will include a structured plan with workout routines and/or nutrition guidelines.
- It is the responsibility of each participant to follow the provided program in order to achieve optimal results.
- The challenge is designed to promote fat loss, but individual results may vary. The outcome depends on multiple factors, including adherence to the program and individual physiological responses.

4. Participation Fee

- The full participation fee must be paid before the challenge begins.

5. No Refund Policy

- All fees are non-refundable
- Please ensure that you are fully committed before signing up for the challenge.

6. Health and Safety Disclaimer

- By participating in this challenge, you acknowledge and accept the risks associated with physical activity, including the potential for injury.
- The information provided in this program is not intended as a substitute for medical advice. Participants should consult a healthcare professional prior to beginning any new exercise or nutrition program.

7. Personal Accountability

- Participants are solely responsible for their own progress. Following the provided program to the best of your ability is essential to maximising results. Results vary from person to person and depend on individual factors such as starting point, lifestyle, and compliance with the program.

8. Privacy and Data Protection

- Any personal information you provide during the registration process will be treated with confidentiality and will only be used for communication related to the challenge.
- Your results or progress will not be shared with other participants or online, unless consent is provided.

9. Code of Conduct

- Participants are expected to engage in the challenge with a positive attitude, respect toward fellow participants, and adherence to the program's rules.
- Any inappropriate or disruptive behaviour may result in removal from the challenge without a refund.

10. Intellectual Property

- All materials provided as part of the challenge, including workout plans, meal guides, and instructional videos, are for your personal use only and cannot be shared, redistributed, or used for commercial purposes.

11. Amendments to the Program

- We reserve the right to make modifications to the challenge (e.g., adjustments to the schedule or content) in order to improve the participant experience or respond to unforeseen circumstances. In the event of significant changes, participants will be notified promptly.

12. Limitation of Liability

- To the fullest extent permitted by law, the organisers of this challenge will not be held liable for any injury, loss, or damage incurred as a result of your participation in the program. This includes but is not limited to physical injury, illness, or any other personal or financial loss.

14. Acceptance of Terms

- By signing up for the 6-Week Fat Loss Challenge, you acknowledge that you have read, understood, and agree to abide by these terms and conditions.