



TERMS AND CONDITIONS

The Metabolic Reset Blueprint™

Cornerstone Health Coaching

Effective Date: February 27, 2026

These Terms & Conditions (“Terms”) constitute a legally binding agreement between you (“Client,” “Participant,” or “you”) and **Cornerstone Health Coaching**, owned and operated by **Crystal Jones** (“Company,” “Coach,” “we,” “us,” or “our”).

By purchasing, enrolling in, or participating in **The Metabolic Reset Blueprint™** (the “Program”), you acknowledge that you have read, understood, and agreed to be bound by these Terms.

1. Program Overview & Access Duration

The Metabolic Reset Blueprint™ is a 12-week educational coaching program designed to provide structured guidance regarding metabolic health, nutritional framework, movement strategies, stress management, and lifestyle integration.

Program Deliverables (By Tier)

- **Basic Tier (\$99 pay-in-full):** Lifetime access to core course curriculum and instructional videos.
- **Community Tier (\$297 pay-in-full or 3 monthly payments of \$109):** Lifetime access to core course curriculum and instructional videos, plus access to the private Facebook community group and live group coaching Q&A sessions for the duration of the 12-week program cohort.
- **VIP Tier (\$597 pay-in-full or 3 monthly payments of \$225):** Lifetime access to core course curriculum and instructional videos, plus everything in the Community Tier, three (3) months of private 1:1 coaching, two (2) private 1:1 calls per month, personalized troubleshooting, custom strategy adjustments, and supplementary resources.

Access Duration & Lifetime Access Terms

- **Lifetime Course Access:** You receive lifetime access to the digital course materials, curriculum modules, recorded video lessons, and future curriculum updates for as long as the Program is maintained and hosted by the Company.

- **Community & Live Q&As:** Access to the private Facebook group and live coaching sessions is active for the **12-week cohort duration**.
- **Content Updates & Platform Changes:** The Company reserves the right to update, modify, refresh, or relocate course materials to a new hosting platform at its discretion. In the event of a platform migration, existing clients will be provided access instructions for the new platform.

2. Scope of Practice & Health Disclaimer

No Medical Advice or Treatment

The Company, its owner (Crystal Jones), and its representatives are **not** licensed medical doctors, physicians, registered dietitians, or medical health providers. Crystal Jones is a Certified Health Coach.

The Program provides general health, lifestyle, and educational information and **does not constitute medical advice, medical diagnosis, treatment, or therapy**. Participation in the Program does not establish a doctor-patient relationship.

Client Responsibilities & Medical Clearance

- **Physician Consultation:** You are solely responsible for consulting with your primary care physician or appropriate licensed healthcare provider before implementing any dietary changes, fasting protocols, exercise routines, or lifestyle adjustments recommended within the Program.
- **Prescription Medications:** You agree **never** to stop, alter, adjust, or substitute any prescribed medications (including, but not limited to, insulin, blood pressure, or thyroid medications) without direct supervision and authorization from your prescribing physician.
- **Medical Conditions:** If you have diabetes, metabolic conditions, insulin resistance, cardiovascular disease, or any other underlying medical condition, you agree to remain under continuous medical supervision throughout your participation in the Program.
- **Assumption of Risk:** You voluntarily assume all physical, health-related, and financial risks associated with your participation in the Program.

3. Eligibility

By enrolling, you represent and warrant that:

1. You are at least 18 years of age.
2. You possess the legal capacity to enter into a binding agreement.
3. All registration and payment information you provide is true, accurate, and complete.

4. Payment Terms & Billing

General Payment Terms

All payments are processed securely through Stripe. You authorize the Company to charge your selected payment method for the fees associated with your chosen tier.

Payment Plans

Payment plans are offered as a convenience. The total fee for payment plans is slightly higher than pay-in-full options to cover administrative and processing fees.

If you select a payment plan option:

- You authorize automatic recurring charges on the scheduled due dates.
- You remain contractually obligated to complete **all** scheduled payments, regardless of your level of participation or completion of the Program.
- Late, declined, or missed payments may result in immediate suspension or termination of program access, community access, and 1:1 coaching sessions until account balances are paid in full.

5. VIP Tier 1:1 Coaching Policies

For clients enrolled in the **VIP Tier**:

- **Session Rescheduling:** Private 1:1 coaching calls must be scheduled, rescheduled, or canceled with at least **24 hours' advance written notice**.
- **Late Cancellations & No-Shows:** Failure to provide 24 hours' notice or missing a scheduled call will result in forfeiture of that session. Forfeited sessions will not be refunded or rescheduled.
- **Expiration of 1:1 Calls:** All included 1:1 coaching calls must be used within the 12-week program window. Unused calls do not roll over, expire at the end of the 12 weeks, and cannot be redeemed for cash or credit.

6. Strict No-Refund Policy

Due to the digital nature of the proprietary content, immediate access to intellectual property, and limited seat availability in live cohorts, **ALL SALES ARE FINAL**.

No refunds will be issued under any circumstances, including but not limited to:

- Change of mind or personal preference
- Scheduling conflicts or inability to attend live sessions
- Lack of participation, unread materials, or missed calls
- Lack of perceived or actual physical/health results
- Personal, family, or medical emergencies
- Inability or decision not to complete the Program

By purchasing, you acknowledge that immediate digital access constitutes full delivery of value.

7. Chargebacks & Payment Disputes

You agree to resolve any payment issues directly with Cornerstone Health Coaching prior to contacting your financial institution.

Filing a credit card chargeback or fraudulent payment dispute after purchase constitutes a material breach of these Terms. In the event of an unauthorized chargeback:

1. Access to all materials, recordings, and private community spaces will be immediately terminated.
2. The Company reserves the right to present this executed agreement, IP access logs, and proof of purchase to your bank or credit card processor.
3. You remain liable for the full unpaid balance plus any legal fees, collection fees, and chargeback processing fees incurred by the Company.

8. Intellectual Property Rights

All training materials, curriculum, video recordings, audio, worksheets, brand identifiers, and proprietary frameworks - including but not limited to **The 4 Pillars of Metabolic Restoration™**, **The Stabilization Plate™**, and **The Flexibility Plate™** - are the exclusive intellectual property of Cornerstone Health Coaching.

Grant of Limited License

Enrollment grants you a individual, non-exclusive, non-transferable, revocable license to access and view the materials for your personal, non-commercial use only.

Prohibited Actions

You strictly agree **NOT** to:

- Copy, duplicate, reproduce, record, screenshot, or distribute any content or materials.
- Share login credentials or grant account access to third parties.
- Sell, license, adapt, teach, publicize, or commercialize the Program materials or frameworks for any commercial or professional purpose.

Unauthorized distribution or misuse of intellectual property will result in immediate termination of access without refund and may subject you to statutory damages and legal prosecution.

9. Confidentiality & Code of Conduct

Group Confidentiality

We encourage open sharing within live group calls and community spaces. However, you agree to respect the privacy of fellow participants and keep all personal information shared by others strictly confidential. The Company cannot control or guarantee the compliance of other participants.

Community Standards

You agree to communicate respectfully. The Company reserves the right to remove any participant from community spaces or terminate program access without a refund for behavior deemed:

- Disruptive, hateful, aggressive, or abusive
- Unsolicited self-promotion, spamming, or pitching products/services to other members
- Breach of member confidentiality or intellectual property guidelines

10. Disclaimer of Results

You acknowledge that individual results vary significantly depending on genetics, metabolic baseline, personal commitment, consistency, and prior health status.

The Company makes **no guarantees or warranties** regarding specific outcomes, including but not limited to:

- Weight loss or fat loss metrics
- Blood glucose, fasting insulin, or A1C improvements
- Medication reduction or elimination
- Prevention or reverse of medical conditions

Statements and testimonials on sales pages or marketing materials represent exceptional outcomes and do not guarantee that you will achieve similar results.

11. Technology & Force Majeure

Platform Disclaimer

The Company is not liable for technical difficulties, platform downtime, internet disruptions, or lost access caused by third-party hosting platforms or user hardware/connection issues. Reasonable efforts will be made to supply session replays when technical issues arise.

Force Majeure

The Company shall not be liable for failure or delay in delivering the Program due to causes beyond its reasonable control, including severe illness, acts of God, natural disasters, platform shutdowns, or government regulations. In such events, delivery schedules or formats may be adjusted at the Coach's reasonable discretion.

12. Limitation of Liability

To the fullest extent permitted by applicable law, Cornerstone Health Coaching, its owner, agents, and contract workers shall not be liable for any direct, indirect, incidental, consequential, special, or punitive damages resulting from your participation in or reliance upon the Program. Participation is undertaken entirely at your own risk.

13. Governing Law & Dispute Resolution

These Terms shall be governed by, interpreted, and enforced in accordance with the laws of the **State of South Carolina**, without giving effect to conflict-of-law principles.

Any legal action, proceeding, or dispute arising out of these Terms or the Program shall be brought exclusively in the state or federal courts located in Lexington County or Richland County, South Carolina.

14. Severability

If any provision of these Terms is found by a court of competent jurisdiction to be unlawful, void, or unenforceable, that provision shall be deemed severable and shall not affect the validity and enforceability of any remaining provisions.

15. Electronic Agreement & Acceptance

By checking the agreement box at checkout, submitting payment, or accessing Program materials, you acknowledge that:

1. You have read, understood, and agreed to these Terms & Conditions.
2. You accept all payment obligations and the No-Refund Policy.
3. You assume full physical and financial responsibility for your participation.