

# Take Back Tomorrow™

## Terms & Conditions

**Effective Date:** June 28, 2026

These Terms & Conditions govern your participation in Take Back Tomorrow™ and your use of services provided by The Recovery Studio by Coach Ness. By enrolling in the program, you agree to these Terms & Conditions.

### Program Participation

Take Back Tomorrow™ is an educational coaching program designed to provide guidance, support, and practical education for individuals living with Type 2 diabetes. It is not medical care and does not replace the advice of your healthcare provider.

### Eligibility

Participants must be at least 18 years of age or have the consent of a parent or legal guardian.

### Payments

Enrollment is not confirmed until payment has been successfully processed. All prices are listed in U.S. dollars unless otherwise stated.

### Satisfaction Promise & Refunds

Our Satisfaction Promise & Refund Policy is incorporated into these Terms & Conditions. Participants may request a full refund before the first live coaching session begins. Once the first live coaching session has begun, all sales are final.

### Intellectual Property

All program materials, including videos, worksheets, downloads, recipes, presentations, and other content, are the intellectual property of The Recovery Studio by Coach Ness and are provided for your personal use only. They may not be copied, reproduced, distributed, shared, sold, or used for commercial purposes without prior written permission.

### Community Expectations

Participants agree to treat others with respect and professionalism. Harassment, discrimination, abusive behavior, or sharing another participant's personal information without permission may result in removal from the program without refund.

### Assumption of Responsibility

You acknowledge that you are voluntarily participating in the program and accept full responsibility for your personal health decisions and actions. Always consult your healthcare provider before making changes to your diet, exercise routine, medications, or treatment plan.

### Limitation of Liability

To the fullest extent permitted by law, The Recovery Studio by Coach Ness, Coach Ness, and their affiliates shall not be liable for any direct, indirect, incidental, consequential, or special damages arising from participation in the program or use of its materials.

## **Changes to the Program**

We reserve the right to make reasonable changes to program content, schedules, guest speakers, or delivery methods to improve the participant experience.

## **Changes to These Terms**

These Terms & Conditions may be updated from time to time. The most current version will be posted on our website with the revised effective date.

## **Contact**

**The Recovery Studio by Coach Ness**

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