

Time4Myself Terms of Business

Thank you for choosing Time4Myself a fitness and lifestyle business, providing users with access to online on demand digital fitness programmes, courses, sessions, podcasts, blogs and other online or physical products relating to fitness, nutrition and lifestyle and providing users with personal training, personal coaching and lifestyle coaching services.

Time 4Myself is founded by Jacqui Hatfield, a qualified Level 3 personal trainer and Level 3 pilates fitness coach with a Level 4 specialism in Lower Back Pain and a lifestyle coach ("**us**" "**we**", "**our**" or "**Time4Myself**").

These terms and conditions ("**Terms**") apply to the Account you open with Time4Myself,, the sale and purchase of any on-line digital fitness programmes, courses, sessions, podcasts, blogs and other online or physical products by Time4Myself (the "**Products**") via its website available at www.Time4Myself.co.uk (the "**Site**") and any personal training, personal coaching and lifestyle coaching services (the "**Services**") provided by Time4Myself to any individual or organisation ("**you**" "the **User**" or the "**Client**")

These terms, together with the standard privacy policy and cookies policy constitute the entire contract for the Products and Services provided by Time4Myself.

The term "**Account**" as used herein relates to the online account that you need to create with Time4Myself in order to purchase and access the Products and Services.

The term "**Lifestyle Coaching**" as used herein encompasses Services that consist of lifestyle coaching, fitness and nutrition coaching, work- life balance coaching, personal development, executive coaching, and business coaching.

The term "**Fitness Product**" and/ or "**Fitness Service(s)**" as used herein relates to any fitness related Product, Service or Session purchased or attended by you from Time4Myself whether on line or in person.

The term "**Personal Training**" as used herein encompasses the provision of on line personal training Sessions by Time4Myself relating to the online Products

sold to you including but not limited to reviewing your technique and assisting with progression in relation to the Fitness Products purchased by you.

The term “**Session**” relates to any fitness programme and or session purchased or attended by you whether online or in person and to any personal training session or lifestyle coaching session purchased and/or attended whether online or in person by you with Time4Myself

These terms of business (these “**Terms**”) apply to the Products and Services and apply to all Users that register an Account with us. You agree that by registering an Account with us , subscribing or otherwise registering, purchasing, downloading, accessing, or using our Products or Services, you are entering into a legally binding agreement between you and us regarding your use of the Products and Services.

By using Time4Myself Products and Services, you are also agreeing (i) that you have read and understood our privacy which sets out how we collect, process and use your information; and (ii) to our cookies policy. Please read these Terms carefully before you start to use our Services. We recommend that you print a copy of these Terms for future reference. If you do not agree to these Terms, you must not use our Services

1. General

- (i) These Terms were last updated on 1 January 2026.
- (ii) You agree that you are at least 16 years old and that if you are between 16 years and 18 years old, your legal guardian has reviewed and agrees to these Terms and is happy for you to access and or use our Products or Services
- (iii) We reserve the right from time to time, with or without notice to change these Terms at our sole discretion and the latest version will appear on our Site with the date that it was last updated. By using the Products and Services after any changes have been posted, you agree to the new terms.

2. Account

- (i) If you wish to purchase a Product or Service from Time4Myself you must first open an Account with Time4Myself and agree to these Terms.
- (ii) When setting up your Account you will be provided with log-in details for your Account which you agree to keep confidential safe and secure and you agree not to forward or disclose your log-in details to anyone else.

3. Rights We Grant You

- (i) The Products and Services and other material on the Site is owned and operated by us. Unless otherwise indicated, all content, information and other materials relating to our Products and Services, including our trademarks and logos, the visual interfaces, graphics, design, information, software, computer code, services, text, images, sound files and any other files, and the selection and arrangement thereof (collectively, the “**Materials**”) are protected by relevant intellectual property rights and laws. All Materials contained on our Site are the property of Time4Myself and/or third party licensors.
- (ii) We grant you a limited, non-exclusive, non-transferable, revocable licence to make use of our Products and Services and a limited, non-exclusive, non-transferable, revocable licence to make personal, non-commercial use of the Materials. We reserve all rights not expressly granted in these Terms.
- (iii) You agree not to remove, obscure, or alter any of the Materials appearing on our Site. You may not sell, license, distribute, copy, modify or otherwise make any derivative use of, publicly perform or display, transmit, publish, edit, or adapt the Materials.
- (iv) If we find that you have made unauthorised use of the Materials we may terminate this licence at any time (and without notice).

4. Your Use of Our Products and Services

- (i) You must comply with the laws that apply to you in the location that you access our Products and Services from. If any laws applicable to you restrict or prohibit you from using our Products or Services, you must comply with those legal restrictions or, if applicable, stop accessing and/or using our Products or Services.
- (ii) You warrant that all the information you provide to us on accessing and/or using our Products or Services is and shall remain true, correct, and accurate at all times. You understand and agree that all content that you may upload, communicate, or otherwise make available via our Products or Services is your sole responsibility.
- (iii) You agree that when you create an Account with us, you shall take all steps necessary to protect your login details and keep them secret. You agree that you shall not give your login details to anyone else or allow anyone else to use your login details or account. If you do not keep your login details secret, or if you share your account or details with someone else, you accept full responsibility for the consequences of this (including any unauthorised purchases).
- (iv) You agree that you will comply with any applicable third-party terms of agreement when using the Services.
- (v) You understand that you can only use the Products and Services on compatible devices.
- (vi) You agree that we may modify or update any of our Products or Services at our discretion. To the extent that any Product or Service is modified or updated following your purchase of the Product or Service, you agree that you do not have a right to the updated or modified Product or Service.
- (vii) You agree that you will not:
 - a. impersonate any other person, conduct yourself in an offensive or abusive manner, or use our Products or Services for any unlawful purposes
 - b. use the Products or Services for any commercial or business purpose or the benefit of any third party;
 - c. sell, transfer or try to sell or transfer any Product or Service or Account with us or any part of an Account;

- d. contravene any regulations or requirements of any network connected to our Products or Services;
- e. disrupt or interfere with our Products or Services or networks or servers that provide our Products or Services;
- f. use virtual private networks, false email addresses or any other means to mask your identity;
- g. attempt to access the accounts of other users or upload, share or submit content containing any spy ware, adware, viruses, corrupt files, worm programmes or other malicious code designed to interrupt, damage or limit the functionality of or disrupt any software, hardware, telecommunications, networks, servers or other equipment, Trojan horse or any other material designed to damage, interfere with, wrongly intercept or expropriate any data or personal information;
- f. disable or modify any copy protection technology used on our Products or Services or on our Site;
- g. alter or modify, translate, adapt, merge, make derivative works of, decompile, disassemble, reverse compile, reverse engineer or otherwise attempt to derive the source code for any part of the Site or any of the Products or Services;
- h. collect, harvest or 'scrape' any data from any web pages contained in our Site;
- i. upload, share or submit content that is or may be interpreted as obscene, indecent, pornographic, sexually explicit, libellous, maliciously false, inaccurate, misleading, depicting violence (in a explicit, graphic or gratuitous manner) offensive, deceptive, threatening, abusive, harassing, menacing, hateful, discriminatory or cause annoyance, inconvenience or needless anxiety to any person or be in breach of hate speech or discrimination legislation;
- i. upload, share or submit any content that infringes any proprietary rights of any third party including any patent, copyright, moral right, database right, trademark right, design right, trade secret rights in passing off, rights of privacy, publicity, confidence, or under data protection legislation or other intellectual property law;

- k. do or omit to do anything which would bring us, the Products or Services, our suppliers or other users into disrepute or in any way damage our or their reputation;
- l. interfere with another user's use and enjoyment of the Site or the Products or Services; or
- m. use our Products or Services in any other way not permitted by these Terms.

(viii) Time4Myself may suspend, restrict, or terminate your account and your access to our Products or Services with or without notice if we believe that you have breached these Terms. This does not limit our right to take any other actions against you that we consider appropriate to protect our rights.

5. Fitness Disclaimer

- (i) All online Fitness Products and Services designed by Time4Myself (Fitness Products and Services") are intended to facilitate your personal fitness. :
- (ii) By purchasing and using the Fitness Products and Services and taking part in any fitness's programme designed by Time4Myself or attending any Fitness Session whether on line or in person you acknowledge and agree that the Fitness Products and Sessions are not tailored specifically for you and no personal fitness assessment has been undertaken
- (iii) You acknowledge that Fitness Sessions, Products and Services involve activities that are physically strenuous, and you agree that you voluntarily participate in such Fitness Sessions or utilise such Fitness Products and Services with full knowledge that even if there is no negligence, there is a risk of personal injury or illness arising from your participation in such Fitness Sessions or use of such Fitness Products and Services.
- (iv) You will at all times be responsible for your own state of health, physical condition and wellbeing. You must ensure that you are fit and well enough to participate in any Fitness Product, Service or Session

that you purchase, use and/or attend. Certain Fitness Products , Services or Sessions or parts or aspects of such Fitness Products, Services or Sessions may be unsuitable for you if you have special needs, or any medical, health or fitness problem or condition.

- (v) If you have any concerns about your fitness or health, you should seek appropriate medical advice from a relevant professional medical or other adviser before purchasing a Fitness Product or Service or attending a Fitness Session, and where necessary, you must obtain clearance from a relevant professional medical or other adviser before purchasing, using or attending any Fitness Product, Service or Session. Time4Myself cannot and does not provide any such advice or clearance. Advice provided by Time4Myself at no time constitutes medical advice in substitute for advice provided by a medical professional.
- (vi) You agree that when you purchase or use any Fitness Product or Service and attend any Fitness Session, that will be your confirmation that you have no health or fitness problems which may affect your participation in any Fitness Product, Service or Session, and that you have obtained medical or other clearance where necessary.

6. Lifestyle Coaching Disclaimer

- (i) All lifestyle coaching services and communication (including but not limited to email and other electronic correspondence) delivered by Time4Myself are intended for your personal and professional growth and to assist you in navigating challenges to enhance well-being.
- (ii) You understand that the Lifestyle Coaching Services you receive are not offered as a substitute for professional mental health care or medical care and are not intended to diagnose, treat, or cure any mental health or medical conditions. Time4Myself is not acting as a mental health counsellor or a medical professional.
- (iii) For legal purposes, you understand that lifestyle coaching is currently an unregulated industry, and in respect of the lifestyle coaching, Time4 Myself is not “licensed” by any UK body, irrespective of whether sessions occur in England or elsewhere.

- (iv) You understand and agree that you bear sole responsibility for your well-being during your lifestyle coaching sessions and subsequently, including all your choices and decisions.
- (v) You understand that coaching is not a substitute for counselling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment, and you will not use it in place of any form of therapy.
- (vi) You understand that all comments and ideas offered by Time4Myself are solely for the purpose of aiding you in achieving the defined goals mutually established with Time4Myself. You affirm your ability to give informed consent and hereby grant such consent for Time4Myself to assist you in achieving such goals. You acknowledge that specific results are not guaranteed.
- (vii) You understand that to the extent our work together involves personal development, Time4Myself does not promise specific outcomes, including but not limited to increased personal happiness, career progression, profitability, and/or business success.

7. Nutrition Disclaimer

- (i) All information presented and written within the Site is intended for informational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.
- (ii) No information on this Site has been provided by any registered dietitians or nutritionists. Statements within this Site have not been evaluated or approved by any registered body or authorisation.
- (iii) You are ultimately responsible for all decisions pertaining to your health. Each individual's dietary needs and restrictions are unique to the individual. You assume full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or health program.
- (iv) We are not responsible for adverse reactions, effects, or consequences resulting from the use of any recipes or suggestions herein or hereafter.
- (v) You understand that all comments and ideas offered by Time4Myself are solely for the purpose of aiding you in achieving the defined goals

mutually established with Time4Myself. You affirm your ability to give informed consent and hereby grant such consent for Time4Myself to assist you in achieving such goals. You acknowledge that specific results are not guaranteed.

- (vi) You understand that to the extent our work together involves personal development, Time4Myself does not promise specific outcomes, including but not limited to increased personal happiness, career progression, profitability, and/or business success

8. Fees for the Purchase of Products and Services and Refund Policy

- (i) The Fees for our Products and Services are set out on the Site and are clearly communicated at the time of purchasing or booking.
- (ii) We may change the pricing for our Products and Services offered through the Site at any time. Any payments for sessions made in advance will be honoured even if prices have increased between the time of booking and the time of the session.
- (iii) In order to purchase Products or Services from Time4Myself, you will need to pay for the Product or Service in advance through Stripe, our third party payment provider. Payments can be made by bank transfer or card payment through Stripe.
- (iv) After purchasing a Product or Service from us you will receive an [email] or [text confirmation]. [After purchasing a Product it will appear on your dashboard and you will be able to download it.]
- (v) Due to the inherent digital nature of downloadable products, all sales of Products are **final and non-refundable**.
- (vi) Returns for any physical products to the extent that they are made available through the Site may be considered on a case-by-case basis within **14 days of purchase**, provided the items are unused and undamaged.

9. Terms & Conditions for Personal Training and Lifestyle Coaching Services

- (i) The Personal Training and Lifestyle Coaching Sessions will be arranged mutually between Time4Myself and the Client and can be booked up to three (3) months in advance. The Personal Training and Lifestyle Coaching Sessions will be provided on a session-by-session basis.
- (ii) Personal Training and Lifestyle Coaching Sessions sessions are typically conducted via Zoom. . We may agree to other formats by mutual agreement. We are responsible for ensuring our availability for consultations at agreed times. The duration of each session is determined by the Client at the time of booking on the appointment platform and is paid for accordingly at the time of booking. Sessions may extend beyond the scheduled time by mutual agreement, and any additional time will be paid for retrospectively, provided we have no immediate subsequent commitments.
- (iii) The date and time of the Personal Training or Lifestyle Coaching Session and any subsequent Sessions will be confirmed via [text message] or [email]. We agree to maintain our availability as presented and to honour all booked sessions.
- (iv) If a Client needs to rearrange a Personal Training or Lifestyle Coaching Session, they must provide at least **24 hours' notice**. This can be made directly to Time4Myself, by email, txt message or phone call. If 24-hour notice isn't given, you will lose that session, and no refund will take place. This is in place to ensure other Clients can have available slots. It becomes extremely hard to plan our week if we have Clients cancel last minute
- (v) In exceptional circumstances, we may need to rearrange a Personal Training or Lifestyle Coaching Session, in which case we will endeavour to provide the Client with at least 24 hours' notice where practicable.
- (vi) Where a Client pays for a session or sessions in advance, they must utilise the paid session(s) within **6 months** of the payment date, failing which their fee will be forfeited.
- (vii) Personal information supplied by Clients in Personal Training and in Lifestyle Coaching Sessions will be treated as strictly confidential. Such information will not be disclosed to any third party without the

Client's prior written permission, except where disclosure is required by law or where action is deemed necessary to prevent harm to the Client or another individual. In circumstances where child abuse, elder abuse, neglect, or a credible threat of harm to yourself or others is reported, you understand that necessary actions may be taken, and your confidentiality agreement may be limited in such capacity. Furthermore, if Time4Myself is legally required to provide information or testify, they will comply to the extent required by law or otherwise as they deem appropriate;

- (viii) We reserve the right to terminate the Personal Training or Lifestyle Coaching Session to the Client early or to refuse or be unable to provide further Personal Training or Lifestyle Coaching Sessions at our absolute discretion and without needing to provide any reason to the Client. In such circumstances, the Client will be given reasonable notice of termination by us where practicable, and any advance payments made for any Personal Training or Lifestyle Coaching Sessions not yet provided will be refunded.
- (ix) We will endeavour to enable the Client to improve their quality of life or level of business success and to achieve their desired outcomes. While remarkable results can be achieved when Clients follow a clear plan with commitment, the Client retains sole responsibility for making significant decisions in their life or business. We shall have no liability for any loss incurred by any Client, whether financial or otherwise, following the commencement of coaching sessions, or for any perceived failure by the Client, whether justified or otherwise, to achieve a material improvement in trauma recovery, quality of life, career, or business, or to achieve their desired outcomes or goals.
- (x) You hereby release, waive, acquit, and forever discharge us, along with any agents, successors, assigns, personal representatives, executors, heirs, and employees, from every claim, suit, action, demand, or right to compensation for damages you may claim to have or that you may have arising out of acts or omissions by yourself or by us as a result of the advice given by us or otherwise resulting from the coaching relationship contemplated by this agreement.

10.LIMITATION OF LIABILITY

- (i) Nothing in these Terms limits or excludes our liability for any law or liability that cannot be excluded by law.
- (ii) To the extent permitted by law, we exclude all conditions, warranties, representations, or other terms which may apply to our Products or Services or any content on it, whether express or implied.
- (iii) We will not be liable to you for any lack of performance, or the unavailability or failure of any of our Products or Services, or for any failure by us to comply with these Terms, where such lack, unavailability or failure arises from any cause reasonably beyond our control.
- (iv) Any liability we do have for losses you suffer is strictly limited to the purchase price of the relevant Product or Service and we are not responsible for any loss or damage that is not foreseeable. Loss or damage is only foreseeable where they could be contemplated by you and us at the time of you agreeing to these Terms.
- (v) In consideration of your participation in the Products, Services Sessions, activities and programs of Time4Myself you hereby waive and release Time4Myself from any and all responsibility or liability for injuries, losses or damages resulting from your participation in or use of any of the Product, Service or Sessions
- (vi) Consumers are entitled to various statutory warranties (including, for example, that any service is carried out with reasonable care and skill, and any digital content provided is of satisfactory quality). Nothing in these Terms shall have the effect of excluding or limiting those statutory warranties which may not be excluded or limited under applicable law.
- (vii) We will not be liable for any loss or damage caused by a virus, distributed denial-of-service attack, or other technologically harmful material that may infect your computer equipment, computer programs, data, or other proprietary material due to your use of our Services or to your downloading of any content from it, or on any website linked to it.
- (viii) We will not be liable for any damage that may be caused to any device on which you access or use our Products or Services that is caused in any way by our Services, unless that damage is directly caused by our failure to exercise reasonable skill and care in the provision of the Services.

- (ix) We assume no responsibility for the content of websites linked on our Site or on our Products or Services. Such links should not be interpreted as endorsement by us of those linked websites. We will not be liable for any loss or damage that may arise from your use of them.
- (x) You are responsible for the internet connection and/or mobile charges that you may incur for accessing and/or using our Products or Services. If you are unsure what these charges will be, you should ask your mobile operator or internet service provider before you access and/or use our Products or Services.
- (xi) There may be times when our Product or Services or any part of it is not available for maintenance or technical related reasons, whether on a scheduled or unscheduled basis.
- (xii) We may change and update our Products or Services in whole or in part without notice to you (provided always that any such changes do not result in material degradation in the functionality of any part of the Product or Service. We are not liable or responsible for any failure to perform, or delay in performance of, any of our obligations that is caused by events outside our reasonable control. If such circumstances result in material degradation in the functionality of the Product then any obligation you may have to make any payment to download, use or access them will be suspended for the duration of such period. We are entitled to modify or discontinue the Products or any part of them which are paid-for in our sole discretion upon reasonable notice to you.

11. INDEMNIFICATION

To the fullest extent permitted by law, you agree to indemnify and hold Time4Myself harmless from and against all damages, losses, and expenses of any kind (including reasonable legal fees and costs) arising out of:

- a. your breach of these Terms;
- b. any allegation that any materials that you submit to or post on our Site infringe or otherwise violate the rights of a third party; and
- c. your access or use of our Site.

12. OTHER IMPORTANT TERMS

- (i) These Terms do not affect your legal rights. For further information about your legal rights, contact your local authority (for example, in the United Kingdom, this includes the Trading Standards Department or Citizen's Advice Bureau).
- (ii) You acknowledge that the use of technology for communication (including email, text, phone, WhatsApp, Zoom, Skype, and other digital platforms) is not entirely secure, and you accept the inherent risks to confidentiality associated with such use.
- (iii) If any part of these Terms is deemed to be unenforceable the enforceability of any other part of these terms will not be affected.
- (iv) This contract is between you and us. No other person has any rights to enforce any of its terms.
- (v) To the extent that we process any personal data provided by you in connection with these Terms, Time4Myself will do so in accordance with its privacy statement as set out on the Site and in accordance with any applicable data protection laws of the United Kingdom
- (vi) We may terminate these Terms at any time where you breach any material term or we have reasonable grounds to believe that the performance of it may be unlawful or cause Time4Myself and/or you to breach any legal, regulatory or professional requirement
- (vii) Provisions which by their terms or intent are to survive termination of these Terms and will do so.
- (viii) You may not assign, sub-licence or otherwise transfer your rights or obligations under these Terms to anyone else. You agree that we may assign or transfer any of our rights or obligations under these Terms.
- (ix) If we delay exercising or fail to exercise or enforce any right available to us under these Terms, such delay or failure does not constitute a waiver of that right or any other rights under these Terms.
- (x) These Terms set out the entire agreement between you and us concerning our Products and Services and they replace all earlier agreements and understandings between you and us.

13. Governing Law

These Terms between you and us shall be governed by and interpreted in accordance with the laws of England and Wales. The courts of England and Wales shall have non-exclusive jurisdiction to resolve any claims, disputes or disagreements relating to these Terms.

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14. How to Contact Us and Further Information

- (i) If you have any feedback, questions or complaints or any requests for technical support, then please e-mail us at: jacquihafield@time4myself.co.uk
- (ii) We do our best to respond to all queries as soon as possible but we cannot guarantee a response time.