Nutrition Coach/ Client Liability Waiver and Scope of Practice

Purpose and Intent

This document outlines the scope of services, limitations, and liability considerations for nutrition coaching services provided. The intent of this agreement is to clearly define what the nutrition coach can and cannot do, to promote informed consent transparency, and client safety.

Nature of Nutrition Coaching

Nutrition coaching is educational and supportive in nature. Services focus on General Nutrition education, Behavior change, goal setting, and accountability. Nutrition coaching is not a substitute for Medical Care, Mental Health Care, or Medical Nutrition Therapy.

Scope of Practice- What the nutrition coach can Do

The nutrition coach may provide General Nutrition education based on publicly available guidelines and evidence-based principles, discuss General healthy eating patterns, meal planning ideas, hydration, and lifestyle habits. Support clients with goal setting, motivation, habit formation, and accountability. Share non-prescriptive information about food groups, nutrients, and General Wellness. Encourage clients to seek appropriate medical or licensed nutrition care when needed.

Scope of Practice- What the Nutrition Coach cannot Do

Consistent with guidelines and scope for non-licensed nutrition coaches, the nutrition coach does not diagnose, treat, or cure any disease, illness, or medical condition. Provide Medical Nutrition Therapy, prescribe diets, supplements, or protocols intended to treat medical conditions, interpret lab results, or provide medical advice, replace care provided by a licensed physician registered dietitian nutritionist (RDN), or other qualified Healthcare professionals

Client Responsibilities

The client acknowledges that they are responsible for their own health decisions. The client agrees to disclose relevant health conditions and medications to appropriate health care providers and consult a licensed Healthcare professional before making significant dietary or Lifestyle Changes. Use the information provided as educational guidance not medical advice.

Assumption of risk and liability waiver

I understand that participation in nutrition coaching involves personal responsibility and potential risks. I voluntarily assume full responsibility for any risk,injuries, or damages that may occur as a result of my participation. I hereby release and hold harmless the nutrition coach from any and all liability claims or demands arising from the coaching relationship to the fullest extent permitted by law.

No Guarantees

I acknowledge that no guarantees or promises have been made regarding specific outcomes, results, or health improvements

Governing Law

This agreement shall be governed by and construed in accordance with the laws of the state.

Acknowledgment and signature

client name print ……

client signature …….

Date ……

nutrition coach name ……..

nutrition coach signature ……

Date ……