

02/05/2025

Dear Hadley Shearn

Congratulations on choosing to invest in your health and well-being with your own Metabolic Balance personalised nutrition and lifestyle program

I commend your commitment to yourself, and I'm here to support you every step of the way.

Our program is meticulously designed to offer accountability and compassionate guidance, ensuring you make informed decisions and take decisive action toward achieving your health and wellness goals.

Please read this agreement, sign and return. If you have any further questions or concerns please reach out to me.

Here's what you can expect from the program:

**Personalised 1:1 Intake Session:** Begin with a comprehensive intake session where we delve into your health history, current medications, and goals to create a personalised Nutrition Plan tailored to your needs.

**Customised Nutrition Plan:** Powered by Metabolic Balance, your plan will optimise your metabolism, aiding in healthy weight, increased energy levels, hormonal balance and overall wellness based on blood test results and consultation findings.

**Additional Consultation:** 6 x 1:1 consultations that follow your 14-week program, to receive guidance on your next steps for continued success. These can be done in person, zoom or phone call.

**Weekly Group Coaching Sessions:** Join our online coaching hub for weekly group sessions aimed at accelerating your progress, providing valuable insights, and overcoming obstacles together.

**Email support and accountability:** We know that the power of accountability is a very important part of staying focused and on track to success. Weekly email checkins along with coaching support helps keep you forward focused.

**Online Modules:** Access curated information and actionable modules to facilitate your total transformation journey. These links are currently stored in my privatey and you be given access to these links.

**Private Facebook Group:** Engage with our supportive community for weekly

guidance, inspiration, recipe ideas, and additional resources.

**Accountability Tools:** Utilise online food journals, symptom trackers, and diaries to stay accountable throughout the program.

**Bonus Material:** Delivered through the year into our private facebook group community to which you have continual access to.

### **Program Dates:**

**Start Date:** Day 1 of Your Plan (yet to confirm)

**End Date:** 14 weeks from your start date.

### **Scheduling:**

**Intake Session:** Your 90-minute intake session to gather details, information and data. We discover where you are currently at, so that we can curate your plan forward.

**Blood Tests:** Complete at least 10 days before your next session. These must be early morning fasting bloods. Please ensure you are well hydrated the day before, and stop all supplements 3 days prior. Continue with all medications.

**Payment:** Your initial consultation is included in the cost of your program. You may either choose to pay in full or to provide your deposit of \$897 and a scheduled payment set up.

**Cancellation Policy:** Our program is comprehensive and non-refundable, emphasising commitment for optimal results.

My promise to you is to uphold your promise to yourself. Please reach out if you have any concerns.

### **Investment & Refunds:**

*Full Payment:* \$1897 upfront.

Installment Payment:

1. \$897 deposit plus 2 x fortnight payments of \$520 (\$1937 total)

**or**

2. \$897 deposit plus 4 x fortnightly payments of \$300 (\$2097 total).

**Payment Method:** Direct Bank Transfer, PayID or other specified methods.

ANZ: Cherish Natural Health. Jodie Studley

BSB: 016334 Account: 658680719

PAYID: 0428 605 247. Cherish Natural Health. Jodie Studley

I'm excited to be a pivotal part of this journey with you and support you in achieving optimal wellness by design.

Food is Medicine. The science may seem complicated but the method will be broken down into an actionable step-by-step process that is simple and inspiring so that you get results that are sustainable.

Nourishing regards,

Jodie Studley


Registered Metabolic Balance practitioner:  
Complementary Medicine Association: CMA2751

**Disclaimer:**

We advise maintaining a relationship with your primary care physician. Our program is not a substitute for medical advice, and any changes to your treatment plan should be discussed with your doctor. I am available to work alongside your doctor so that you receive optimal support and health care most suitable for you.

Additionally, please review the Metabolic Balance disclaimer provided.

Please follow link, complete the form and return.

 informed+consent+and+disclaimer+5th+Sept+2022.pdf

Jodie Studley

*Jodie Studley*

02/05/2025

Client Agreement:

Client Name: \_\_\_\_\_

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

