

**Please Note :**

1. Once you have enrolled and paid the program fees, there is no scope for refund under any circumstances and for any reasons whatsoever
2. You should ideally not take a break during the program tenure, however if you must then the maximum allowable break is up to a month from the date you inform me in writing about your decision to take a break.
3. The break can be taken only once during the program tenure and the break days will start immediately after the end of the program and shall be completed all together.
4. The dieting strategy to be followed during the program is Quantified Nutrition.
5. No other diets or dieting strategy such as paleo, carnivore, atkins, etc will be given by me
6. For workouts if applicable we are specifically going to follow strength training in a gym/home with equipment available