

Beccy Jones Health Solutions

The Momentum Plan – Terms & Conditions

Welcome

Welcome to **The Momentum Plan**, a supportive, low-friction programme designed to help you build sustainable health habits through nourishment of body, mind, and nervous system.


The Momentum Plan is grounded in the **M's of Nutrition framework** and focuses on consistency, regulation, and progress rather than perfection.

These Terms & Conditions are here to set clear expectations so we can both focus on momentum and results.

1. Practitioner Details

Provider: Beccy Jones Health Solutions
BSc (Hons) Biomedical Sciences | Dip. Nutrition | Dip. Herbalism
Master Practitioner of Hypnotherapy, NLP & FPTT

 help@beccyjoneshealthsolutions.com

 07704 834000

2. Programme Overview

Programme Name: The Momentum Plan

Duration: 16 weeks

The Momentum Plan is a structured group-based programme delivered online, supported by resources, community, and optional additional guidance.

3. Investment & Payment Terms

- **Member Investment:** £118.15 total
 - £6.95 one-off joining fee
 - £6.95 per week for 16 weeks
 - Payment is **made in full before starting** the programme.
 - Your place is confirmed once payment has been received.
 - **No refunds** are available once payment has been made.
-

4. What's Included

Your Momentum Plan membership includes:

- Access to the 16-week Momentum Plan programme
 - Weekly educational content and resources
 - Weekly live or recorded Q&A support
 - Access to the Momentum WhatsApp Group for peer support and guidance
 - A **free 20-minute consultation** during your membership
 - **15% discount on 1:1 coaching** for the duration of your Momentum membership
-

5. Support & Guidance

- Weekly Q&A sessions are provided for guidance and clarification.
 - WhatsApp Group support is available for community connection and general guidance.
 - While individual care and signposting are offered, Momentum is **not a substitute for 1:1 coaching or medical care**.
 - If you experience any unexpected reactions or concerns while following the plan, you are encouraged to raise them promptly so appropriate guidance or referral can be offered.
-

6. Health Disclaimer

The Momentum Plan is educational and supportive in nature.

- It does not diagnose, treat, or cure medical conditions.
- It is not a replacement for medical advice or prescribed treatment.
- You remain responsible for your own health decisions.

- You agree to consult your GP or medical professional where appropriate, particularly if you have existing conditions, are pregnant, or are taking medication.
-

7. Results & Guarantees

- Results vary from person to person and depend on consistency, engagement, and individual circumstances.
 - **No guarantees** are made regarding specific outcomes, weight loss, symptom resolution, or timelines.
-

8. Intellectual Property

All materials provided within The Momentum Plan (including but not limited to videos, documents, audios, recipes, trackers, and written content) remain the intellectual property of **Beccy Jones Health Solutions**.

- Materials are for **personal use only**.
 - Content must not be shared, copied, distributed, or reproduced outside of The Momentum Plan without prior written consent.
-

9. Recipe Acknowledgement

Some recipes within The Momentum Plan are adapted from:

“**The HBD Cookbook**” by **Petronella Ravenshear**, which is available online.

These recipes are used for educational purposes and adapted within the Momentum framework.

10. Privacy & Data Protection

- Your information is stored securely in line with UK GDPR regulations.
- Data is managed using Smart Growth System (SGS), Google Workspace, and WhatsApp.
- Your information will never be shared without your consent unless legally required.

11. Liability

Except where liability cannot be excluded by law:

- Beccy Jones Health Solutions' liability is limited to the total amount paid for The Momentum Plan.
- You participate at your own discretion and responsibility.

12. Governing Law

This agreement is governed by the laws of **England and Wales**.

13. Acceptance of Terms

By enrolling in The Momentum Plan, you confirm that you have read, understood, and agreed to these Terms & Conditions.
