

TERMS & CONDITIONS — STRONGER SELF / BÅDAL COACHING

Last updated: 30 November 2025

These Terms & Conditions ("Terms") govern your use of the **Stronger Self** mobile application, website (www.strongerself.no), and all online coaching services provided by **Bådal Coaching** ("we," "us," "our").

By accessing or using the App or Services, you agree to these Terms.

If you do not agree, do not use the Services.

1. Company Information

Bådal Coaching

Organization Number: **927 978 539**

Lønningsvegen 47, 5258 Blomsterdalen, Norway

Email: elise@strongerself.no

2. Eligibility

The Services are intended **only for users aged 18 years or older**.

By using the App or Services, you confirm that you meet this requirement.

3. Description of Services

Stronger Self and Bådal Coaching provide:

- Mobile fitness and lifestyle app
- Personalized training programs
- Nutrition coaching
- Online coaching and check-ins
- Messaging/chat support
- Push notifications
- Access to coaching tools and progress tracking
- Integration with health and fitness apps
- Online course or digital program access (when applicable)

Coaching services are delivered through our platform and via **Everfit.io**, which has its own terms that users must accept when accessing its features.

4. Account Creation & Security

To use the App or Services, you must create an account and provide accurate information, including required health information related to your fitness goals.

You are responsible for:

- Maintaining the confidentiality of your login credentials
- All activity under your account
- Notifying us immediately of unauthorized access

We may suspend or terminate accounts for suspicious activity or violation of these Terms.

5. Payment, Subscriptions & Commitment Period

5.1 Subscription

Coaching and app access operate on a **monthly subscription** billed automatically through Stripe.

5.2 Commitment Period

All services include a **minimum binding period**, depending on the program chosen:

- **Minimum: 3 months**
- **Maximum: 10 months**

You agree to pay for the full commitment period even if you stop using the Services before it ends.

5.3 Automatic Renewal

Subscriptions **automatically renew monthly** after the commitment period unless cancelled.

If you do not wish to renew, you must provide **minimum 30 days written notice** before your next renewal date.

5.4 Right of Withdrawal

In compliance with European consumer law:

- You receive a **14-day right of withdrawal** when you first sign up.
- This does **not apply after you receive access** to personalized services, programs, or coaching, because customized digital content is legally exempt from withdrawal once delivered.

5.5 Refunds

Refunds are only provided in cases of:

- Billing errors
- Mistaken charges

Refunds are **not** issued for:

- Failure to use the service
- Change of mind
- Partial use of a subscription period
- Early termination during a binding period

6. User Responsibilities

You agree to:

- Provide accurate information, including health, fitness level, and relevant personal data
- Follow instructions and program guidelines to the best of your ability
- Use the App and Services responsibly and lawfully
- Not share your account with others

7. Health Disclaimer (IMPORTANT)

- The App and coaching services provide **fitness and lifestyle guidance only**.
- They are **not medical advice** and do not replace consultation with a medical professional.
- You acknowledge that all exercise carries risk, and you participate voluntarily.

We are not liable for injuries, health issues, or other damages resulting from your use of workouts, recommendations, or programs.

8. Third-Party Services

We rely on the following providers:

- **Stripe** – payment processing
- **Everfit.io** – coaching platform and training management

By using Stronger Self or Bådal Coaching services, you also agree to Stripe's and Everfit's applicable terms.

We are not responsible for the availability, performance, or policies of third-party services.

9. Use of the App

You agree not to:

- Misuse or interfere with the App's functionality
- Attempt to reverse engineer or modify the App
- Upload harmful or unauthorized content
- Use the Services for illegal or commercial purposes

We reserve the right to restrict or terminate access at any time if these rules are violated.

10. Termination

We may immediately terminate or suspend access if:

- You violate these Terms
- You misuse the App or coaching platform
- Payments fail or remain unpaid
- Fraudulent or unsafe behavior is detected

You may cancel your subscription according to Section 5.

11. Push Notifications & Health Data Sync

The App may send push notifications for:

- Workout reminders
- Coaching updates
- Account information
- Program guidance

The App may also sync data from health platforms (when enabled by you).

You may disable notifications or data syncing in your device settings, but certain features may not function properly.

12. Intellectual Property

All content within the App and Services, including:

- Training programs
- Videos
- Text
- Branding
- Designs
- Digital materials
- Website content

is the intellectual property of **Bådal Coaching**.

You may not copy, share, or resell any materials without written permission.

13. Limitation of Liability

To the fullest extent permitted by Norwegian law:

- The Services are provided “as is” without warranties.
- We are not responsible for injuries, accidents, or damages resulting from workouts or coaching guidance.
- We do not guarantee specific fitness results, weight changes, or performance outcomes.
- We are not liable for data loss, technical issues, or service interruptions.

Your use of the App and Services is at your own risk.

14. Privacy & Data Protection

Your use of the Services is also governed by our **Privacy Policy**, available at:

www.strongerself.no

This includes:

- Health data usage
- Account deletion instructions
- GDPR rights
- Data retention and security
- Cookie and tracking practices

15. Governing Law & Dispute Resolution

These Terms are governed by **Norwegian law**.

Any disputes should first be addressed by contacting us.

If unresolved, disputes may be brought before the relevant Norwegian courts.

16. Changes to the Terms

We may update these Terms when necessary. The updated version will be posted on our website or app, and the “Last Updated” date will be changed.

Continued use of the Services after updates means you accept the revised Terms.

17. Contact Information

For questions about these Terms:

Bådal Coaching

Lønningsvegen 47, 5258 Blomsterdalen

Email: elise@strongerself.no