

# Welcome to FOUNDATIONAL LIFE

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## Terms of Service

Last Updated: [18/09/25]

### 1. Terms

1.1 By creating an account, subscribing, or using <https://foundationallife.com> ("the Site," "we," "our"), you agree to these Terms of Service ("Terms").

1.2 The materials contained in this website are protected by applicable copyright and trademark law.

1.3 If you do not agree with any of these terms, you are prohibited from using or accessing this site or the information it contains.

### 2. Eligibility

2.1 You must be at least 18 years old to subscribe. If under 18, you may only use the Site with parent/guardian consent.

2.2 Accounts are personal and may not be shared.

### 3. Disclaimer, Liability Waiver & Assumption of Risk

3.1 The Site provides educational and informational content only. We are not medical professionals, therapists, or licensed counselors. Nothing on the Site should be taken as medical, psychological, or therapeutic advice. Always consult your physician or qualified professional before making fitness, health, mental health or lifestyle changes.

3.2 By participating in activities, exercises and tools, or practices provided on the Site, you acknowledge and agree that you are voluntarily engaging in these activities at your own risk. You assume all responsibility for your emotional, mental, physical and spiritual wellbeing.

3.3 <https://foundationallife.com/>, its owners, employees, coaches, and affiliates are not liable for any injury, illness, loss, or damages that may result. This release applies to all claims, whether known or unknown, arising from your participation or viewing.

3.4 Results vary — we do not guarantee outcomes.

## 4. Acceptable Use and Member Responsibilities

4.1 You are responsible for maintaining the confidentiality of your login details and for all activities under your account. You agree not to loan, misuse, share, or sell, your membership access.

4.2 You agree not to engage in unlawful or harmful conduct, or attempt to disrupt, download, hack or reverse-engineer the Site.

4.3 Violation may result in termination of your membership and prosecution to the full extent of the law.

## 5. Intellectual Property

5.1 All content on the Site including but not limited to, images, logos, text, tools, and webinars, is owned by <https://foundationallife.com/> and protected by copyright and trademark laws.

5.2 You may use the content for your personal, non-commercial purposes only.

5.3 You may not copy, download, redistribute, or share, without written permission from [https://foundationallife.com](https://foundationallife.com/) and its representatives.

## 6. Privacy Policy

Last Updated: [18/09/25]

### 6.1 Information We Collect

We collect personal information (name, email, billing details, login credentials), payment information (processed by third parties), usage data (pages visited, IP address, device type), and optional information (shared during coaching, forums, or surveys).

### 6.2 How We Use Your Information

We use data to provide/manage subscriptions, process payments, deliver resources, send updates/marketing, improve services, and comply with legal obligations.

### 6.3 Sharing Your Information

We do not sell or rent personal data. We may share with service providers, legal authorities, or during business transfers.

#### 6.4 Cookies & Tracking

We use cookies to remember sessions, improve performance, and analyze usage. Users can control cookies through browser settings.

#### 6.5 Data Security

We use reasonable physical, electronic, and administrative safeguards to protect your personal information. However, no method of transmission over the Internet or electronic storage is completely secure.

You acknowledge and agree that:

- We cannot guarantee absolute security of your data.
- We are not responsible for unauthorized access, data breaches, or leakage caused by third-party hacking, cyberattacks, or other events beyond our reasonable control.
- In the event of a security incident, we will comply with applicable Alberta PIPA and federal PIPEDA requirements regarding breach notification.

#### 6.6 Data Retention

We retain information as long as accounts are active or required by law.

#### 6.7 Your Rights

Depending on your location, you may access, correct, delete, or request a copy of your data, and opt out of marketing emails at [info@foundationallife.com](mailto:info@foundationallife.com)

#### 6.8 Compliance with Alberta PIPA and Federal PIPEDA

We comply with the Alberta Personal Information Protection Act (PIPA) and Canada's Personal Information Protection and Electronic Documents Act (PIPEDA). These laws provide you with rights regarding consent, access, correction, and protection of personal data.

#### 6.9 Children's Privacy

Not intended for children under 13 (or required local age). We do not knowingly collect children's data.

#### 6.10 International Users

Data may be processed in countries with different laws than your own.

#### 6.11 Changes to this Policy

We may update this Privacy Policy at any time. Material changes will be notified via email or site notice.

## 7. Membership & Payment

7.1 Subscriptions are billed automatically on a recurring basis (monthly) unless canceled. You authorize us and our payment processor to charge your payment method for applicable fees. We may change pricing with prior notice to you.

7.2 Subscriptions automatically renew unless we receive a cancellation notice before the date of next renewal.

## 8. Refunds

8.1 Refunds will not be issued for any automatic payments. No partial refunds will be issued for any unused portion of a membership.

8.2 Refunds may be granted at our sole discretion only, in the case of: a) duplicate billing or accidental extra charges b) verified technical error preventing access to membership services

## 9. Cancellation, Termination

9.1 Membership may be cancelled at any time, under the following condition, cancellation notification must be received prior to next renewal date.

9.2 We may suspend or terminate your account if these Terms are violated.

9.3 No refunds will be given for partial periods unless required by law.

## 10. Changes to Terms

10.1 We may update these Terms at any time. If we make material changes, we will notify you by email or site notice.

10.2 Continued use after an update means you accept the revised Terms.

## 11. Governing Law

11.1 These Terms and Waivers shall be governed by and construed in accordance with the laws of the Province of Alberta and the federal laws of Canada applicable therein.

11.2 Any disputes shall be resolved in the courts of Alberta, Canada.

## Acknowledgement of Disclaimer, Liability Waiver & Assumption of Risk

By subscribing and checking the "I Agree" box during signup, you acknowledge that you have read, understood, and agreed to ALL of the above Terms of Service, including but not limited to, [Disclaimer, Liability Waiver & Assumption of Risk](#)