

MUTUAL CONFIDENTIALITY AGREEMENT

Between:

AMH Performance
British Columbia, Canada

"Consultant"

AND

"Client"

PURPOSE

This Agreement protects the confidentiality of all consultations between Client and Consultant, including Quick Sessions, Truth Sessions, and any related communications. One signature covers all interactions until superseded by a formal services agreement.

Both parties recognize that meaningful conversation requires trust, and trust requires protection.

1. WHAT'S PROTECTED

1.1 Client Information Protected:

- Identity and participation in any consultation
- Personal, health, and professional details shared
- Challenges, patterns, or struggles discussed
- Any information that could identify the Client

1.2 Consultant Information Protected:

- Proprietary methodologies and frameworks discussed
- Business approaches and systems shared
- Guidance and recommendations provided

2. MUTUAL COMMITMENTS

2.1 The Consultant Commits:

- (a) Anonymity: Never disclose Client's identity or participation to anyone, under any circumstances;
- (b) No Public Use: Never use any conversation for testimonials, case studies, marketing, or any public purpose;
- (c) Secure Communication: Conduct all communications through encrypted channels;
- (d) Record Destruction: Destroy any notes upon Client request.

2.2 The Client Commits:

- (a) Methodology Privacy: Not share Consultant's proprietary approaches with third parties;
- (b) No Commercial Use: Not replicate Consultant's systems for commercial purposes.

3. NOT MEDICAL ADVICE

3.1 Acknowledgment

The Client acknowledges and agrees that:

- (a) The Consultant is not a licensed physician, medical doctor, registered dietitian, or healthcare provider;
- (b) All information provided regarding fitness, nutrition, hormones, testosterone replacement therapy (TRT), peptides, supplements, or any other health-related topic is for informational and educational purposes only;
- (c) Nothing discussed constitutes medical advice, diagnosis, or treatment;
- (d) The Consultant's guidance is based on personal experience and general knowledge, not clinical expertise.

3.2 Client Responsibility

The Client agrees that:

- (a) They will consult with a licensed medical professional before implementing any protocol, program, or recommendation discussed, particularly regarding hormones, peptides, supplements, or substances;
- (b) They take full responsibility for any decisions made regarding their health, fitness, hormone optimization, or substance use;

- (c) They will not hold the Consultant liable for any adverse effects, health complications, or outcomes resulting from implementing any information discussed;
- (d) Any decision to use testosterone, peptides, performance-enhancing substances, or other compounds is made entirely at their own risk and discretion.

3.3 Emergency Situations

The Consultant is not equipped to handle medical emergencies. If the Client experiences a medical emergency, they agree to contact appropriate emergency services immediately.

4. EXCEPTIONS

Confidentiality does not apply to:

- (a) Information already publicly available;
- (b) Information Client chooses to share with their own medical or legal professionals;
- (c) Information required by law (with advance notice to the other party when legally permitted).

5. DURATION

5.1 This Agreement takes effect upon signature and continues indefinitely for Client identity protection.

5.2 This Agreement covers all Quick Sessions, Truth Sessions, and related consultations. If a formal retainer engagement begins, this Agreement will be superseded by a comprehensive services agreement.

6. IF SOMETHING GOES WRONG

6.1 Acknowledgment of Harm

Both parties recognize that breach of confidentiality causes real harm—reputational, professional, and personal—that may be difficult to quantify.

6.2 Remedies

- (a) For Consultant Breach: If Consultant discloses Client's identity or participation, Consultant agrees to pay \$10,000 CAD as liquidated damages, representing reasonable compensation for the harm caused;
- (b) For Client Commercial Breach: If Client commercially exploits Consultant's proprietary methodology, Client agrees to pay \$5,000 CAD as liquidated damages;
- (c) Either party may seek additional equitable relief (injunction) if monetary damages are insufficient.

6.3 Context

These amounts reflect the proportional nature of consultation engagements. A formal retainer relationship would involve a separate, more comprehensive agreement.

7. STANDARD TERMS

7.1 Governing Law: British Columbia, Canada

7.2 Entire Agreement: This document is the complete agreement regarding confidentiality for consultations.

7.3 Amendments: Changes require written agreement from both parties.

7.4 Severability: If any provision is unenforceable, the rest remains in effect.

7.5 Electronic Signatures: Valid and binding.

8. ACKNOWLEDGMENT

By signing, both parties confirm:

- They have read and understand this Agreement
- They enter into it voluntarily
- They understand this must be signed BEFORE any substantive consultation
- This single signature covers all future Quick Sessions, Truth Sessions, and related communications
- They acknowledge the Consultant is not a medical professional and all health-related decisions are their own responsibility

SIGNATURES

AMH PERFORMANCE

Signature:

Name: **Alex Hosner**

Date:

Email:

CLIENT

Signature:

Name:

Date:

Email (optional):

*This Agreement protects both parties equally.
The goal is simple: create a space where honest conversation is possible.*