

Refund Policy

The Aligned Athlete Method — Authentic Physical Therapy & Performance, LLC | Effective Date: October 21, 2026

This Refund Policy applies to purchases of The Aligned Athlete Method (the "Program"), a 12-week digital fitness and performance program delivered via Podia. Because the Program consists of digital content, refunds are limited as described below.

1. 7-Day Conditional Refund Window

You may request a refund within 7 calendar days of your purchase date, provided that:

- You have not downloaded the full program PDFs; and
- You submit your refund request in writing to the contact email below within the 7-day window.

Requests that meet both conditions will be granted in full. Requests made after 7 days, or after the full program PDFs have been downloaded, are not eligible under this section.

2. How to Request a Refund

Email info@authenticathletept.com with your order confirmation/receipt and the reason for your request. We aim to respond within 2 business days and, if approved, process refunds within 5-10 business days to your original payment method.

3. Injury or Medical Pause (Optional Accommodation)

If you are unable to continue the Program due to injury, illness, or a medical condition — including one arising during the Program — you may contact us to request a pause of your access rather than a refund. At our discretion, we may extend or pause your access so you can resume the Program once you are able, in lieu of a cash refund. This accommodation does not apply automatically and is evaluated case by case.

4. Non-Refundable Circumstances

- Access to full program content has occurred.
- The 7-day window has passed.
- Dissatisfaction with personal results, where the Program materials were used as intended (see Health & Fitness Disclaimer regarding individual results).
- Account termination due to violation of the Terms of Service (e.g., sharing access or Content).

5. Chargebacks

We ask that you contact us directly before initiating a payment dispute or chargeback with your bank or card provider, so we can address your concern. Fraudulent or bad-faith chargebacks may result in permanent revocation of access.

6. Changes to This Policy

We may update this Refund Policy from time to time. The policy in effect at the time of your purchase will govern that purchase.

7. Contact

Refund requests and questions: info@authenticathletept.com