



Pretty & Fit Disclaimer

Welcome to Pretty & Fit. The information, resources, meal plans, trackers, and content provided on this website are intended for general informational and educational purposes only.

My content is based on my personal health and wellness journey, experiences, and what has worked for me. Everyone's body, health needs, goals, and results may be different.

The information provided on this website is not medical advice and should not be used as a substitute for professional medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional before starting any new nutrition plan, exercise routine, weight-loss program, or making changes to your diet or lifestyle, especially if you have existing health conditions or take medications.

Pretty & Fit does not guarantee specific results, weight loss, or health outcomes. Results may vary from person to person depending on many factors, including individual health, consistency, lifestyle, and other circumstances.

By using this website, you acknowledge that you are responsible for your own health decisions and agree that Pretty & Fit is not responsible for any outcomes related to your use of the information provided.