



Client Relationship Summary (Form CRS)
March 18, 2024

Is an Investment Advisory Account Right for You?

There are different ways you can get help with your investments. You should carefully consider which types of accounts and services are right for you.

ITEM 1. INTRODUCTION

Capital and Planning, LLC (“CAP”, “Firm”, “We”, “Us”, “Our”) is an SEC-registered investment advisor. CAP provides advisory services for a fee rather than for brokerage commissions. As a retail investor, it is important to understand the differences between services and fees of an investment advisor and a broker-dealer. [Investor.gov/CRS](https://investor.gov/CRS) offers free and simple tools to research firms and financial professionals. Additionally, it also provides educational materials about broker-dealers, investment advisors, and investing.

Some of our financial professionals are registered representatives of LPL Financial LLC (“LPL”), an SEC registered broker-dealer and investment adviser. Your financial professional may offer you brokerage services through LPL or investment advisory services through CAP. Brokerage services and investment advisory services are different, and the fees CAP, and LPL, charge for those services are different. It is important that you understand the differences. In particular, your financial professional may earn additional transaction-based compensation and have additional conflicts of interest as a result of providing brokerage services through LPL. You are encouraged to learn more about LPL by reviewing [LPL’s relationship summary](#) and having a discussion with your financial professional.

ITEM 2. RELATIONSHIPS AND SERVICES

What investment services and advice can you provide me?

We offer the following investment advisory services to you:

Asset Management: We will offer you advice on a regular basis. We will discuss your investment goals, design with you a strategy to achieve your investment goals, and regularly monitor your account. We will monitor your account on a discretionary basis (we can buy and sell investments in your account without asking you in advance).

We do not limit advisors to proprietary products or a limited menu of products and types of investments. This service will continue pursuant to the terms of the executed Advisory Agreement. We do not have a minimum to open an account.

Financial Planning: Our Firm provides financial planning services in conjunction with our investment advisory services at no extra cost.

Conversation Starters

“Given my financial situation, should I choose an investment advisory service? Why or why not?”

“How will you choose investments to recommend to me?”

“What is your relevant experience, including your licenses, education and other qualifications? What do these qualifications mean?”

Additional Information

For more information we recommended reading our ADV Part 2A Items 4, 7, 8, 13 & 16.

ITEM 3. FEES, COSTS, CONFLICTS AND STANDARD OF CONDUCT

What fees will I pay?

We are paid for our services as follows:

Asset Management: The amount paid to our firm and your financial professional generally does not vary based on the type of investments selected on your behalf. The asset-based fee reduces the value of your account and will be generally deducted from your account. Some investments (such as mutual funds and variable annuities) impose additional fees that will reduce the value of your investment over time. Also, with certain investments such as variable annuities, you may have to pay fees such as “surrender charges” to sell the investment. Fees are billed quarterly in advance based on the market value of your account from the previous calendar month. Our fees are on a tiered schedule with our maximum annual advisory fee being 1.20%. Generally, the more assets you have in the advisory account, the more you will pay in total fees. We therefore have an incentive to increase the assets in your account in order to increase our fees. You may also pay fees to a broker-dealer or bank that will hold your assets (called “custody”). You pay our advisory fee even if there were not transactions within the account.

You will pay fees and costs whether you make or lose money on your investments. Fees and costs will reduce any amount of money you make on your investments over time. Please make sure you understand what fees and costs you are paying.



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Financial Planning: There is no additional charge for this service.

Conversation Starters

“Help me understand how these fees and costs might affect my investments. If I give you \$10,000 to invest, how much will go to fees and costs, and how much will be invested for me?”

Additional Information

For more information we recommended reading our ADV Part 2A Item 5.

What are your legal obligations to me when acting as my investment adviser? How else does your firm make money and what conflicts of interest do you have?

When we act as your investment adviser, we have to act in your best interest and not put our interest ahead of yours. At the same time, the way we make money creates some conflicts with your interests. You should understand and ask us about these conflicts because they can affect the investment advice we provide you. Here are some examples to help you understand what this means.

Commissions: Our associated persons may receive commissions from the sale of insurance and/or securities products and services. This conflict is mitigated by our fiduciary duty and adherence to our code of ethics. When referring clients to purchase insurance, the client’s best interest will be the main determining factor.

Conversation Starters

“How might your conflicts of interest affect me, and how will you address them?”

Additional Information

For more information we recommend reading our ADV Part 2A, Items 5, 10, 11, 12 & 14.

How do your financial professionals make money?

Our financial services professionals are compensated as a function of the advisory fees based on assets under management and by sales commissions through their outside business activities.

This is a conflict of interest because our financial professionals have an incentive to encourage you to increase your assets in your accounts, or recommend you purchase investments that result in additional compensation to them.

ITEM 4. DISCIPLINARY HISTORY

Do you or your financial professionals have legal or disciplinary history?

Yes, please visit [Investor.gov/CRS](https://investor.gov/CRS) for a free and simple search tool to research CAP and our financial professionals.

Conversation Starters

“As a financial professional, do you have any disciplinary history? For what type of conduct?”

Additional Information

For more information we recommend reading our ADV Part 2A, Item 9.

ITEM 5. ADDITIONAL INFORMATION

To find additional information about CAP, such as a full copy of the ADV Part 2, and to request a copy of the *relationship summary*, please go to www.capitalandplanning.com or send us an email at medmondson@capitalandplanning.com. If you would like to request up-to-date information as well as to request a copy of the relationship summary, please contact us via phone at 678-519-5733.

Conversation Starters

“Who is my primary contact person? Is he or she a representative of an investment advisor or a broker-dealer? Who can I talk to if I have concerns about how this person is treating me?”

Material Changes

Since CAP’s last filing on March 3, 2023, updates were made to Items 2 and 3 to reflect Financial Planning services and fees and investment management fees. Minor formatting updates have been made.