

## LOSE FOR LIFE Expectations and Patient Contract

I understand that the LOSE FOR LIFE program is a medically supervised weight management program designed to help participants achieve long-term weight loss success. The goal is to help participants achieve permanent weight loss through lifelong lifestyle changes including dietary, behavioral and exercise modifications. To be successful, I understand that I am responsible for the following expectations and if I do not do so, may be released from the program without refund.

- I understand that I am expected to attend all classes. If I do miss a class, then I will make arrangements to attend that particular topic the next time it appears in the cycle. I will start using the information provided in each class to plan how I will be successful when I transition into regular foods.
- I understand that I am expected to have labs taken every month if on the Very Low Calorie Diet (VLCD). These should be done the week before my scheduled appointment with the LOSE FOR LIFE medical director.
- I understand that I am expected to see our medical director monthly if I am on the VLCD.
- I understand I am expected to follow my prescribed dietary prescription of \_\_\_\_\_ products and will purchase enough meal replacements weekly to achieve this.
- I understand that if I am on the VLCD, eating “off” the program could result in my being taken out of ketosis. This will produce less than optimal weight loss results and could be a health risk.
- I understand that it is not recommended that I exercise the first week on the program if I am on the VLCD. After that I will incorporate exercise into my routine.
- I understand that I am expected to drink 64 or more ounces of water each day.
- I understand that I am expected to start using an application such as “Lose It” or “My Fitness Pal” to track caloric intake. This will help me make more educated choices and provide accountability when I am transitioning and in maintenance.

X \_\_\_\_\_ LOSE FOR LIFE participant

X \_\_\_\_\_ LOSE FOR LIFE` team member

**Date signed:**

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