



IDEAL BODY CENTER

Dieter Agreement & Consent

The Ideal Body Center's weight loss program is much more than dietary restrictions and lifestyle changes; it is a commitment to yourself and your coach. Due to our comprehensive approach, we insist that you agree to adhere to the program before we accept you as a dieter. We want you to be healthier and lose weight, but first you must have the desire and motivation to do so. **There will be no negotiations.** Results are generally predictable and repeatable, but we cannot fulfill our promise to you if you do not strictly adhere to the Protocol. We have developed these guidelines for Ideal Protein participants.

We can only effectively coach you to RESULTS if you:

- ✓ *Follow the Ideal Protein Protocol **EXACTLY** using Ideal Protein foods (substitutions are not allowed)*
- ✓ *You **MUST** journal your daily intake of food, water, and supplements and **BRING YOUR JOURNAL** to all weekly consultations. No exceptions*
- ✓ *Maintain your weekly appointments with your Ideal Protein coach*
- ✓ *Don't cheat! (You will be wasting your money and wasting your coach's time)*
- ✓ *Purchase your Ideal Protein food from this clinic **ONLY** unless you are traveling or we do not have an item in stock*
- ✓ ***ABSOLUTELY NO ALCOHOL***
- ✓ *Three intentional "cheats" will result in disqualification from the program*

I have been informed that the possible benefit and value of this treatment is not guaranteed. I understand that there are many alternative treatments or procedures available that may also be appropriate and/or beneficial to me. Some of those alternatives or choices include, but are not limited to: 1) pursuing no treatment at all; 2) making conservative lifestyle changes; 3) pharmaceutical intervention; 4) weight loss surgery; and/or 5) watching and waiting, while having a physician monitor

my condition.

I understand that I have the right not to participate in this program or to discontinue it after I have begun, for any reason whatsoever. I understand that if I choose to do the latter, any coaching, administrative, or other fees I have paid **will not be refunded and that unused food may not be returned or sold on the internet.** I understand that I have the right to ask questions and to know the purpose and objectives of my treatment program.

I understand that the Ideal Protein program involves the use of protein based meal replacements and other supplements and that various staff members may assist me. Having read this page, I hereby consent to act as a participant in the Ideal Protein weight loss program and I have asked any initial questions I had and understand the answers provided. I am aware that any future questions I wish to pose will be responded to in a timely and thorough manner.

I understand that there is a \$15.00 charge for any missed appointment. Appointments must be changed or cancelled 24 hours prior to the appointment.

Participant _____

Date

_____ Date _____