

## Health Profile

Initial Consultation Date/Time: \_\_\_\_\_

The purpose of the health profile is not to establish a diagnosis but rather to determine your health status to guide your weight loss.

**\*We highly recommend you consult with your physician prior to starting any weight loss plan.**

### Legend (For Office Use)

**NPA = Needs Physician Approval**

**Overall (please print clearly)**

First Name: \_\_\_\_\_ Last name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_

Profession: \_\_\_\_\_

What is your marital status?:  Single  Married  Widow  Divorce  Other \_\_\_\_\_

How many children do you have \_\_\_\_\_ What are their ages?: \_\_\_\_\_

Who does most of the cooking at home?: \_\_\_\_\_

On average, how many hours do you sleep per night? \_\_\_\_\_

**Referral Source (How did you hear about us?):** \_\_\_\_\_

Current Weight: \_\_\_\_\_ Weight 1 year ago: \_\_\_\_\_ Minimum adult weight: \_\_\_\_\_ At age: \_\_\_\_\_

Do you exercise:  Yes  No If yes, what kind? \_\_\_\_\_

How often do you exercise?  Daily  Weekly  Other \_\_\_\_\_

Have you ever been on a diet before?:  Yes  No

*If yes, specify which diet(s) and why you think they did not work for you (i.e. too rigid, too much cooking, etc.)*

**On a scale of 1 to 10, circle how important is it for you to lose weight and get healthy?**

Least important    1    2    3    4    5    6    7    8    9    10    Very Important

**Why do you want to lose weight?** \_\_\_\_\_

### FOR CLINIC USE ONLY:

<b>START WEIGHT:</b>	<b>GOAL WEIGHT:</b>	<b>GOAL BMI:</b>
<b>DIET START DATE:</b>	<b>GOAL DATE:</b>	@ _____ /week
<b>3-DAY F/U DATE:</b>	<b>PROGRAM:</b>	PHASE 1 <input type="checkbox"/> ALTERNATIVE <input type="checkbox"/>
<b>PHYSICIAN CONSENT REQUIRED:</b>	YES      NO	<b>DATE PHYSICIAN CONSENT FAXED:</b>

**PERCENTAGES:**      10--                  20--                  30--                  40--                  50--

Client last/first name: \_\_\_\_\_

**PHYSICIANS:**

Reviewed:

Who is your primary care physician: \_\_\_\_\_

Location: \_\_\_\_\_

Please list any other physicians who treat you and their specialty:

Physician name: \_\_\_\_\_ Specialty: \_\_\_\_\_

Physician name: \_\_\_\_\_ Specialty: \_\_\_\_\_

Physician name: \_\_\_\_\_ Specialty: \_\_\_\_\_

Physician name: \_\_\_\_\_ Specialty: \_\_\_\_\_

**DIABETES:  N/A**

Reviewed:

Do you have diabetes?  Yes  No *If no, please skip to next section*

If yes, which type:  Type 1—Insulin dependent (insulin injections only)—**ALTERNATIVE PROTOCOL ONLY**

Type 2—Insulin dependent (diabetic pills, and/or insulin injections)

Is your blood sugar monitored?  Yes  No If yes, how often?: \_\_\_\_\_

If so, by whom?:  Myself  Physician  Other \_\_\_\_\_

Do you tend to be hypoglycemic?:  Yes  No *If yes, please inquire about our alternative protocol.*

**NOTE: If you are currently on Sodium-Glucose Co-Transporter inhibitor medication (SGLT-2), which include Ebymect, Edistride, Forxiga, Invokana, Jardiance, Synjardy, Vokanamet and Xigduo, YOU CANNOT START OR BE ON THE REGULAR PROTOCOL. Please speak to your coach about our Alternative Protocol.**

**CARDIOVASCULAR FUNCTION:  N/A**

Reviewed:

Do you or have you had any of the following conditions?:

- |   |  |
|---|--|
| <input type="checkbox"/> Arrythmia (NPA)                                    | <input type="checkbox"/> Hyperkalemia (high potassium) (NPA)       |
| <input type="checkbox"/> Blood clot (NPA)                                   | <input type="checkbox"/> Hypokalemia (low potassium) (NPA)         |
| <input type="checkbox"/> Coronary artery disease (NPA)                      | <input type="checkbox"/> Hypertension (high blood pressure) (NPA)  |
| <input type="checkbox"/> Heart attack (NPC)— <i>Must be 6 months post</i>   | <input type="checkbox"/> Pulmonary embolism (NPA)                  |
| <input type="checkbox"/> Heart valve problem (NPA)                          | <input type="checkbox"/> Stroke or transient ischemic attack (NPA) |
| <input type="checkbox"/> Heart valve replacement (NPA)                      | <input type="checkbox"/> Congestive heart failure (NPA)            |
| <input type="checkbox"/> Hyperlipidemia<br>(high cholesterol/triglycerides) | <input type="checkbox"/> Please select one (if applicable)         |
|   | <input type="checkbox"/> History of congestive heart failure       |
|   | <input type="checkbox"/> Current congestive heart failure          |

If you answered yes to any of the above, please give **all** dates of occurrence and current status:

Have you ever had any type of heart surgery?  Yes  No

If yes, what type and when?: \_\_\_\_\_

**KIDNEY FUNCTION:  N/A**

Reviewed:

Have you had any of the following conditions?:

- Kidney disease **(NPA)**
- Kidney transplant **(NPA)**
- Kidney stones—**Must drink 80-100oz water daily**
- Do you presently or have you ever had gout?     Yes     No    If yes, since when?: \_\_\_\_\_

If yes, what medication has been prescribed?: \_\_\_\_\_

If you answered yes to any of the above, please give **all** dates of occurrence and current status:

\_\_\_\_\_

**LIVER FUNCTION:  N/A**

Reviewed:

Have you ever had any liver conditions?:     Yes     No

If you answered yes to the above, please give **all** dates of occurrence and current status: \_\_\_\_\_

\_\_\_\_\_

**COLON FUNCTION:  N/A**

Reviewed:

Do you have any of the following conditions:

- Constipation
- Crohn's disease
- Diarrhea
- Diverticulitis
- Irritable bowel syndrome
- Ulcerative colitis

If you answered yes to the above, please give **all** dates of occurrence and current status: \_\_\_\_\_

\_\_\_\_\_

**DIGESTIVE FUNCTION:  N/A**

Reviewed:

Do you have any of the following conditions:

- Acid reflux
- Celiac disease
- Gastric ulcer **(NPA)**--If yes, is your ulcer healed?     Yes     **No—If no, cannot do this program**
- Gluten intolerance
- Heartburn
- History of bariatric surgery **(NPA)**

If yes, date and type of surgery and current status: \_\_\_\_\_

If you answered yes to the above, please give **all** dates of occurrence and current status:

\_\_\_\_\_

**OVARIAN/BREAST FUNCTION:  N/A** **Reviewed:**

Do you currently have any of the following conditions?:

- |  |  |
|--|--|
| <input type="checkbox"/> Amenorrhea          | <input type="checkbox"/> Irregular periods |
| <input type="checkbox"/> Fibrocystic breasts | <input type="checkbox"/> Menopause         |
| <input type="checkbox"/> Heavy periods       | <input type="checkbox"/> Painful periods   |
| <input type="checkbox"/> Hysterectomy        | <input type="checkbox"/> Uterine fibroma   |

Date of last menstrual cycle: \_\_\_\_\_

Are you taking or on any type of contraceptive birth control?  Yes  No

**If yes, IMPORTANT--Changes in weight and/or estrogen levels may render birth control methods less effective and could result in pregnancy. Please discuss with your gynecologist a back-up or barrier birth-control method.**

Are you pregnant?  Yes  No **If yes--CANNOT do program**

Are you breastfeeding  Yes  No **If yes--CANNOT do program**

**ENDOCRINE FUNCTION:  N/A** **Reviewed:**

Do you have thyroid problems?:  Yes  No

If yes, specify: \_\_\_\_\_

Do you have parathyroid problems?:  Yes  No

If yes, specify: \_\_\_\_\_

Do you have adrenal gland problems?:  Yes  No

If yes, specify: \_\_\_\_\_

Have you been told you have Metabolic Syndrome?:  Yes  No

**NEUROLOGIC/EMOTIONAL FUNCTION:  N/A** **Reviewed:**

Do you have any of the following conditions??

- |  |   |
|--|---|
| <input type="checkbox"/> Alzheimer's disease— <b><u>Cannot do this program</u></b> | <input type="checkbox"/> Depression                           |
| <input type="checkbox"/> Anorexia (history of)                                     | <input type="checkbox"/> Epilepsy--date of last seizure _____ |
| <input type="checkbox"/> Anxiety   | <input type="checkbox"/> Panic attacks                        |
| <input type="checkbox"/> Bulimia (history of)                                      | <input type="checkbox"/> Schizophrenia                        |
| <input type="checkbox"/> Bipolar disorder  | <input type="checkbox"/> Parkinson's ( <b>NPA</b> )           |

If yes, taking Lithium?  Yes

**(NPA)—IMPORTANT--You must have your lithium levels monitored closely by the physician treating you for this disorder during weight loss. They may need to adjust your medication dosage as you lose weight.**

Other : \_\_\_\_\_

**INFLAMMATORY CONDITIONS:**  N/A **Reviewed:**

- |  |   |
|--|---|
| <input type="checkbox"/> Chronic fatigue syndrome                    | <input type="checkbox"/> Multiple sclerosis   |
| <input type="checkbox"/> Fibromyalgia                                | <input type="checkbox"/> Osteoarthritis       |
| <input type="checkbox"/> Lupus                                       | <input type="checkbox"/> Psoriasis            |
| <input type="checkbox"/> Migraines                                   | <input type="checkbox"/> Rheumatoid arthritis |
| <input type="checkbox"/> Other autoimmune or inflammatory condition: |   |
- 

**CANCER:** **Reviewed:**

- Have you ever had cancer?**  No  Yes (NPA)
- What type and date of diagnosis?: \_\_\_\_\_
- Do you have cancer now?  No  Yes—**Cannot do program**
- What type and date of diagnosis?: \_\_\_\_\_
- Is your cancer in remission?:  Yes  No If yes, since when? \_\_\_\_\_

**GENERAL HEALTH:** **Reviewed:**

- Do you have sleep apnea?:**  Yes  No Since: \_\_\_\_\_
- Do you have any other health conditions not discussed?  Yes  No
- If yes, please note: \_\_\_\_\_
- 

**FOOD ALLERGIES:** **Reviewed:**

- Do you have any food and/or supplement allergies or sensitivities?  **Yes-- If yes, read disclaimer below**  No
- If yes, please specify: \_\_\_\_\_

**IMPORTANT:** *If you have food and/or supplement allergies or sensitivities, it is the client's responsibility to review the entire list of ingredients of all products at every visit prior to purchase. There is a possibility that the manufacturers of all foods and/or supplements we sell could change the formulation at any time, without notice.*

*Diet Mentor will not assume any liability for adverse reactions to food and/or supplements consumed.*

**EATING HABITS: (Please provide very honest answers)**Reviewed: **BREAKFAST:**Do you eat **breakfast** every morning?:  Yes  Sometimes  No  Never

Approximate time: \_\_\_\_\_

Examples: \_\_\_\_\_

Do you snack before lunch?:  Yes  Sometimes  No  Never

Approximate time: \_\_\_\_\_

Examples: \_\_\_\_\_

**LUNCH:**Do you eat **lunch** every day?:  Yes  Sometimes  No  Never

Approximate time: \_\_\_\_\_

Examples: \_\_\_\_\_

Do you snack before dinner?:  Yes  Sometimes  No  Never

Approximate time: \_\_\_\_\_

Examples: \_\_\_\_\_

**DINNER:**Do you eat **dinner** every day?:  Yes  Sometimes  No  Never

Approximate time: \_\_\_\_\_

Examples: \_\_\_\_\_

Do you snack before bed?:  Yes  Sometimes  No  Never

Approximate time: \_\_\_\_\_

Examples: \_\_\_\_\_

**OTHER:**

Reviewed:

Are you a vegan?:  Yes  No *If yes--vegans **CANNOT** do program due too many dietary restrictions.*

Are you a vegetarian?:  Yes  No

Do you smoke?  Yes  No

If yes, how much and for how long? \_\_\_\_\_

**WATER**

How many 8oz. glasses of water do you drink daily?: \_\_\_\_\_

**COFFEE/TEA**

Do you drink coffee and/or tea on a daily basis?:  Yes  No

If yes, how much coffee/tea do you drink per day and what size?: \_\_\_\_\_

What do you put in your coffee/tea?: \_\_\_\_\_

**SODA**

Do you drink any soda?  Yes  No

If yes, what kind, how many, and how often?: \_\_\_\_\_

***IMPORTANT: Please do not abruptly decrease soda consumption due to caffeine withdrawal. Decrease slowly and aim to discontinue altogether within a couple weeks.***

**JUICE**

Do you drink any juice?:  Yes  No

If yes, what kind, how many, and how often?: \_\_\_\_\_

**ALCOHOL**

Do you drink alcohol?:  Yes  No

If yes, what kind, how many, and how often?: \_\_\_\_\_

**IMPORTANT ABOUT ALCOHOL:** When the body is in the state of ketosis, the liver and kidneys are producing glucose to maintain proper blood sugar levels (gluconeogenesis). Alcohol can stop the production of sugar in the liver. This can lead to a potentially dangerous low blood sugar (hypoglycemia).

Thus, drinking alcohol while on this program can cause you to pass out without warning and possibly damage your brain. Drinking alcohol also usually leads to poor eating choices which will affect your results.

Coach initial that this disclaimer was read to the client: \_\_\_\_\_

**MEDICATIONS & SUPPLMENTS INCLUDING OVER-THE-COUNTER:**

Please list all prescription medications and supplements you currently take.

Refer to the example in line one. If you take no medications, please check box below.

Check this box if you take no medications or supplements and initial here: \_\_\_\_\_

Name of medication	Milligrams* per capsule	Number of capsules per day	Number of doses per day	Prescribing physician	Reason for taking this medication
Medication X	500mg	1	1 x per day	Dr. John Doe	Reason/diagnosis

\*Or grams, mEq, or dosage unit your physician prescribes.

Reviewed



**CONFIRMATION OF FULL HEALTH STATUS DISCLOSURE BY THE CLIENT AND AGREEMENT TO ARBITRATE DISPUTES**

I confirm that the information that I have provided to Diet Mentor and that is recorded by me on this Health Profile is true, complete, and accurate and that I have not withheld or otherwise omitted, whether in whole or in part, any information concerning my health status. In this respect, I confirm that I have disclosed all past and present i) physical and/or mental health problems or concerns that I have experienced, ii) diagnoses and/or surgeries that I have had, and iii) medications and supplements that were prescribed to me or that I have taken.

Without limitation to the foregoing, I specifically confirm that if I have any of the conditions marked NPA on this form, I understand that I should not be undertaking or otherwise following the diet protocol if I have any of the said conditions or if I am currently taking any of the said medications unless i) I specifically consult with a medical doctor concerning my suitability to go on Diet Mentor protocol, ii) remain under the supervision of said medical doctor while I am on Diet Mentor protocol and iii) provide documentation confirming the foregoing.

I understand that if 1) I have any of the aforementioned conditions or if I am currently taking any of the aforementioned medication, 2) have not disclosed same to the Diet Mentor and iii) nevertheless chose to follow on Diet Mentor protocol without specific supervision, such decision will be completely voluntary, and I, for myself and my successors, release and discharge the Diet Mentor as well as Diet Mentor, their parent companies, subsidiaries and affiliates and each of their respective shareholders, directors, employees, agents, representatives, successors and assigns (collectively, the "Releasees") from any and all damages, liability, claims and causes of action of any nature whatsoever (including for injury, illness or death) that may result from such voluntary and informed decision of following Diet Mentor protocol.

I confirm that Diet Mentor protocol has been explained to me, that I have had the opportunity to ask questions relating to Diet Mentor protocol, that I have been provided with the answers to such questions, and that I understand the importance of strictly following Diet Mentor protocol for best results as explained to me verbally and in the materials provided to me, both before and during the period I will be following the Diet Mentor protocol.

Without limitation to the foregoing, I confirm that I have been advised that because Diet Mentor protocol limits the ingestion of certain foods, it is mandatory that I consume the required vitamins and minerals while I am on the Diet Mentor protocol.

I undertake to disclose immediately to the Diet Mentor and/or my physician **any and all changes in my health status**, discomfort, symptoms, upcoming surgeries, or any other health concerns that I may experience while I am following the Diet Mentor protocol.

I specifically agree that all claims against any of the Releasees that I may have or choose to make shall only be submitted to binding arbitration under the rules of the Arbitration Act or similar statute of my state of residence, and I waive any rights to pursue any claims or causes of action in any court of law.

**Client name (printed):** \_\_\_\_\_

\_\_\_\_\_  
**Client Signature** (or guardian—list relationship)

\_\_\_\_\_  
**Date**

**Client last/first name:** \_\_\_\_\_

## **Coaching Agreement**

Please read this document carefully. Please do not sign this agreement unless all your questions have been answered and you fully agree with everything below. This signed agreement will be kept on file. You can request a copy any time by submitting in writing to: [info@dietmentor.com](mailto:info@dietmentor.com)

### **Who is health coaching for?**

Health coaching is for people who want to make improvements in their health and well-being. It is through this process that clients gain knowledge, skills, and confidence to make lasting and positive behavioral changes that leads to a long-term healthy lifestyle!

Due to our educational and knowledge-based dietary approach, we want you to make a commitment to yourself and this program before we accept you as a client. We want you to be healthier and lose weight, but first you must have the desire to do so. Results on our program are repeatable and predictable. We feel passionately that we cannot fulfill our promise to you if you do not strictly adhere to either protocol. We have developed this agreement for Diet Mentor participants to not only help them lose weight and get healthy but also continue living a healthy lifestyle. Congratulations for taking this important step toward creating a healthier life for yourself!

### **Confidentiality:**

We follow all HIPAA guidelines. All information shared is kept confidential. The Notice of Privacy Practices can be found in full on our website, is hung up at all locations, as well as available anytime you request a copy.

By signing this agreement, I give my coach permission to correspond with me by phone, email, and text including sending documents.

**Important:** E-mail and text is not guaranteed confidential and is not HIPAA compliant. By signing below I understand and agree.

We agree to maintain, store, and dispose of any records, including electronic files and communications, created during coaching interactions in a manner that promotes confidentiality, security, and privacy and complies with any applicable laws, regulations, and agreements.

### **Nondiscrimination Policy:**

We refrain from unlawful discrimination in occupational activities, including age, race, gender, orientation, ethnicity, sexual orientation, religion, national origin, or disability; and will consistently demonstrate dignity and respect in all professional relationships.

### **Disclaimer:**

Weight loss results can vary depending on the individual. There are no guarantees of specific results. The client releases the coach of all liability pertaining to the services rendered in the coaching relationship.

### **Termination:**

Our program is 100% voluntary. Clients can terminate at any time.

### **Feedback:**

***We love feedback!*** If you have any questions or comments, please e-mail [info@dietmentor.com](mailto:info@dietmentor.com). You can also contact us through our secure website contact form located on our website: [www.DietMentor.com](http://www.DietMentor.com)

### **Products and Coaching Services:**

The products and services recommended are those that we endorse. The quality and quantity of coaching services as defined are in no way dependent in any way upon the purchase of any additional products or services by the client other than those outlined and agreed upon in this Coaching Agreement per the Program Pricing and Fee Structure.

### **Payments:**

Payment is expected at the time of service. Payment can be made by credit card, debit card, cash, or check or a mixture of the forementioned at the time of service unless special arrangements have been made and agreed upon in advance by management.

Many clients use flexible spending, health savings, or other forms of health insurance incentive cards. We do not directly participate with any specific insurance plans and each plan works differently. It is the customer's responsibility to inquire about participation and reimbursement.

### **Price Disclaimer:**

We reserve the right to change our pricing for products and/or services at any time without prior notice.

### **Refund/Exchange Policy:**

We do not offer refunds on any products or services. We will gladly exchange any product listed for individual sale that has not been opened or used. We do not exchange or refund opened boxes not listed for individual sale.

**Client last/first name:** \_\_\_\_\_

**Role of the Health Coach:**

- Coaching will be an ongoing relationship that may take a number of months/years, although either party can terminate at any time. This program is 100% voluntary.
- The coach is not functioning as a licensed medical professional. The coach does not diagnose or treat. We recommend you consult with your physician regarding any medical or medication changes as well prior to starting our program or any weight loss program.
- The coach will provide healthy lifestyle recommendations only. Our recommendations are not meant to take the place of a licensed healthcare provider.
- The coach is not functioning as a licensed mental health professional. We do not provide therapy, counseling, life coaching, treatment for mental illness, recovery from past abuse, psychiatric interventions, treatment for substance abuse, and/or addictive behavior, including eating disorders such as anorexia nervosa, bulimia, and/or binge eating disorders. We also do not provide legal or financial counsel.
- Coaching is most effective when both parties are honest and straightforward in all communication.
- We will respect your time, honor your goals, and answer your questions with experience, quality, and most of all compassion.
- Coaching can involve brainstorming, the completion of written assignments, education, goal setting, identifying plans of action, accountability, making requests, agreements to change behavior, examining healthy lifestyles, and questioning.
- The client is the ultimate decision maker regarding any changes in their lifestyle. We believe in the term “bio-individuality” which means what works for one person, may not work for you and vice versa.
- Coaching is a confidential relationship. The coach agrees to keep all information confidential following HIPAA guidelines, except in those situations where such confidentiality would violate the law.
- The coach does not seek to impose his or her values, convert, condemn, or refuse coaching services to people who do not share similar values and beliefs.
- The coach agrees to refrain from unlawful discrimination in occupational activities, age, race, gender, orientation, ethnicity, sexual orientation, religion, national origin or disability; and will consistently demonstrate dignity and respect in all professional relationships.
- The coach agrees to return calls, e-mails, and texts within 24 hours of receipt of contact method during business hours. Regarding any contact on weekends or holidays when we are closed, we will make every effort to respond as quickly as possible or by the next business day.
- The quality of coaching services and the quantity of coaching as defined in this coaching agreement is not to be dependent in any way upon the purchase of any additional products or services by the client above what is outlined in our Program Pricing and Fee Schedule.
- Coaching is a professional client relationship and there are clear boundaries that cannot be crossed. Coaches are bound to abide by the highest ethical principles and personal code of conduct. Sometimes we must have difficult conversations regarding following our protocol, policies, and procedures. Therefore, to avoid any conflict of interest, coaches and clients cannot be friends. We will, however, help you in any way we can with your weight loss and health journey.

**Role of the Client:**

- The client agrees it is their responsibility to discuss their involvement in our program, any medical issues, prescription changes, or dietary supplements with their primary care provider or other licensed medical specialist that currently treats them. We will send your provider a consent to sign for certain medical conditions outlined on the Health Profile.
- The client agrees to attend their appointments every week while on Phases 1-3 to remain active. Consistent attendance provides for the greatest opportunity of success, which is why we schedule you for the same day and time each week. Not coming weekly should be the exception and not the norm. We are always very flexible with rescheduling to another day/time during the same week. Please notify us immediately by phone or e-mail if you need to change your appointment day/time.
- The client agrees to purchase the required boxes of protein products and pay the weekly program fee every week while on the program regardless of attendance.
- The client agrees if they are sick or cannot make their appointment for any reason and cannot reschedule for another day that week, to remain active in our program you must call us and place your order over the phone and have a friend or family member pick up your food. We can process your credit card payment over the phone and will have your order ready for pickup.
- The client agrees if they are going out of town the following week for any reason, to remain active in our program, you must pay that week's Program Fee and purchase the required food in advance for the week they will miss.
- The client agrees with the Late Cancel/No Show Policy which is: There is a \$25 fee applicable to be paid to continue if you no show or late cancel with less than 24 hours notice of your appointment as it is usually too late for us to fill the open appointment slot. This fee is to be paid in addition to the Weekly Program Fee and required food purchase of 3 boxes of food.
- The client agrees to follow the program exactly as written making no customized modifications. It is simple, if you choose not to follow the protocol, you will not get the typical results expected.
- The client agrees to consume only Diet Mentor protein products—Substitutions are not allowed and consumption will affect your results.
- The client agrees to take all mandatory supplements daily unless it is agreed upon in advance and/or due to a physician's specific orders to not take certain supplements. Not taking the supplements could affect your health and slow down your weight loss results.
- The client agrees to journal their daily intake of food, fluids, and supplements in either a paper journal or an app and will provide same to coach at each appointment.
- The client agrees to abstain from drinking alcohol while on Phases 1-3. It will affect your results and it is dangerous to drink alcohol while on this protocol. Drinking alcohol usually leads to poor eating choices which adds carbs/calories and will affect results.
- The client agrees to be seen by various coaches. We cannot guarantee you will see the same coach at every visit.
- The client agrees to be honest and straightforward in all communication.
- The client agrees to be weighed and measured at each appointment. No avoiding the scale. Body fat readings are completed once per month in Phase 1-3 and every visit in Phase 4.
- The client agrees to complete each phase in its entirety. Phase 1 should be followed until you reach your goal weight. Phase 2 and 3 are 2 weeks in length.
- The client agrees to receive FREE unlimited coaching in Phase 4, the following guidelines must be met: You must reach your goal weight given at your initial consultation. Your goal weight must be between 22 - 28 on the BMI scale; and/or your waist measurement must be 35 inches or less for women and 40 inches or less for men; and/or your body fat percentage must be in the healthy to high range.
- The client agrees that to maintain weight loss, it is **strongly** recommended to continue coming for at least one full year after reaching your goal weight for best results. Studies have proven if you can keep your weight off for at least a year, you will most likely keep it off because you have changed your lifestyle. **Keeping extra weight off takes continued effort and commitment, just as losing weight does.**

## **Program Pricing and Fee Structure:**

### **Initial Consultation is \$399. This appointment is 1.5 hours and includes:**

- Medical history review
- Medication review
- Initial weight and body measurements
- Body fat composition
- Before photos
- Explanation of protocol and questions answered
- The Inner Diet Program
- 3 boxes of protein products @ \$25.00 per box
- 3 required vitamins @ no charge (Multi, Essential Minerals, Essential Fatty Acids)
- Extra items purchased are voluntary and are an additional charge
- \$100 deposit required to schedule is included in the total price listed above.

### **Phase 1 is \$95 per week to remain active and includes:**

- 15-minute coaching appointment
- Weight and body measurements
- Body fat composition
- Journal review
- Client questions, obstacles, motivation, education reviewed
- Weekly required program fee \$20.00.
- 3 boxes of protein products must be purchased weekly @ \$25.00 per box to remain active
- Required vitamins @ no charge (Multi, Essential Minerals, Essential Fatty Acids)
- Extra items purchased are voluntary and do not count toward future appointment fees

### **Phase 2 and 3 is \$70 per week to remain active and includes:**

- 15-30 minute coaching appointment
- Weight and body measurements
- Body fat composition
- Journal review
- Client questions, obstacles, motivation, education reviewed
- Weekly required program fee \$20.00.
- 2 boxes of protein products must be purchased weekly @ \$25.00 per box to remain active
- Extra items purchased are voluntary and do not count toward future appointment fees

### **Phase 4 is \$0.00 (FREE) and includes:**

- Monthly 15 minute maintenance coaching appointments for as long as the client follows all Phase 4 guidelines.
- The purchase of any items is 100% voluntary

### **Restart Fees:**

If you have been inactive for any length of time, the restart price is \$135 and that fee includes:

- 3 boxes of protein products required @ 25.00 per box
- 3 required vitamins @ \$60 (Multi, Essential Minerals, Essential Fatty Acids)--(Vitamins must be purchased regardless if you have any saved from doing the program at another time as we have no way of tracking when they are due.)

### **Price Disclaimer:**

We reserve the right to change our pricing for products and/or services at any time without prior notice.

**Client last/first name:** \_\_\_\_\_

**CONSENT TO PARTICIPATE**

- I agree to participate in Diet Mentor’s weight loss program as outlined above.
- I agree to the above Pricing Policy and Fee Structure. Any questions I have regarding fees and pricing have been answered.
- I have been informed and understand that drinking alcohol while on the program is dangerous for my health and could result in serious injury. Therefore, I agree to abstain from drinking alcohol while on this weight loss protocol. If I do drink alcohol, it is of my own volition, and I accept that it will also affect my weight loss results.
- I understand that I will be seen by various coaches throughout my weight loss journey.
- I have been informed and understand that the possible benefit of this program is not guaranteed.
- I understand that if I have food and/or supplement allergies or sensitivities, it is the client’s responsibility to review the entire list of ingredients of all products at every visit prior to purchase. There is a possibility that the manufacturers of foods and/or supplements we sell could change the formulation at any time, without notice. Diet Mentor will not assume any liability for adverse reactions to food and/or supplements consumed.
- I understand that Diet Mentor does not offer refunds on any services or products.
- I understand that I have the right not to participate in this program and can discontinue for any reason.
- I understand that I have the right to ask questions and to know the purpose and objectives of the program.
- I understand that I will be charged a Late Cancellation Fee of \$25.00 if I fail to give at least 24-hour notice prior to canceling my appointment. A copy of the Cancellation and No-Show Policy has been provided and explained at my initial consultation.
- I understand that I will be charged a No-Show Fee of \$25.00 if I fail to show for my appointment. I understand I must pay this fee at my next appointment to continue with your program and purchase products. A copy of the Cancellation and No-Show Policy has been provided and explained at my initial consultation.
- I understand that to receive FREE unlimited coaching in Phase 4, the following guidelines must be met: You must reach your goal weight given at your initial consultation. We do not adjust your goal weight to accommodate weight gain or stopping short of your goal. Your goal weight must be under 30 on the BMI scale; your waist measurement must be 35 inches or less for women and 40 inches or less for men; and/or your body fat percentage must be in the healthy to high range.

**Having read the above in its entirety, I hereby consent to Diet Mentor’s weight loss program. Failure to comply with the above could result in termination from the program.**

Signed in _____ (city/state), on this _____ day of _____, 20 _____.	
Coach name (printed): _____	
Client name (printed): _____	
_____ <b>Client signature</b>	_____ <b>Coach Signature</b>

**ACKNOWLEDGMENT OF RECEIPT OF HIPAA PRIVACY NOTICE**

- I have received the summary page of Diet Mentor’s Notice of Privacy Practices.
- I understand that I have access to the full notice at any time I request it.
- I understand that the full Notice of Privacy Practices are available on the website (www.DietMentor) or any time I request them.
- I understand that I have certain rights to privacy regarding my protected health information.

I understand that this information can and will be used to:

- Conduct, plan and direct my treatment and follow-up among the health care providers who may be directly and indirectly involved in providing my treatment.
- Obtain payment from third-party payers.
- Conduct normal health care operations such as quality assessments and accreditation.

May we discuss your weight loss journey with any member of your family? *If so, please provide name below:*

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Name--*Please print clearly*

Signature

Date

**For Office Use Only**

We attempted to obtain written Acknowledgment of receipt of our Notice of Privacy Practices, but Acknowledgment could not be obtained because:

- Individual refused to sign
- Communications barriers prohibited obtaining the Acknowledgment
- An emergency situation prevented us from obtaining the Acknowledgment
- Other (Please Specify) \_\_\_\_\_

\_\_\_\_\_

Office staff signature

Date