

Congratulations

Congratulations on your important decision to make healthy changes in your life and the lives of your friends and family. I look forward to seeing you grow in the next 6 months and promise to be here with you every step of the way.

Your program includes...

- a) Weekly 30-minute sessions
- b) Unlimited email support with 48 hr turnaround between sessions
- c) Personalized diet recommendations specific to your needs
- d) Fun surprises along the way to support a healthy diet and lifestyle.
- e) Recipes that are healthy and simple to prepare
- f) Support & accountability to make the dietary & lifestyle changes you want
- g) My personal commitment to your health & success

We will work together as a team. I will help you to reach your goals. The program's goals are safe and can be reached. Even small changes can have big rewards for your health. I will help you reach your goals by making gradual, healthy, and reasonable changes in your eating and activity.

I will count on you to:

- Show up for sessions on time and bring your Participant Notebook.
- Call 24 hours ahead if you must miss a session.
- Do your best to reach your eating and activity goals. This includes doing home activities to practice what you learn.
- Keep track of your eating and activity 7 days a week.
- Be honest.
- Let me know if you have any problems by calling or e-mailing me.
- Stay willing and open to change.
- Always hang in there.

You can count on me to:

- Notice what you are doing well and what can be improved.
- Answer your questions; share solutions and ideas, while learning together.
- Be honest.
- Stand by you during hard times.
- Believe you can reach your eating and activity goals.
- Support you and hold you accountable to your vision for your health.



Roles and Responsibilities:

Client

1. The client leads the session, asks for what he/she wants and lets the coach know what is working and not working in the health coaching relationship.
2. Defines, clarifies and commits to specific action steps.
3. Gives 24 hours notice in case of appointment reschedule.
4. Takes responsibility for actions.

Health Coach

1. Supports the client in his/her goals, action steps and outcomes.
2. Supports the client in defining and clarifying action steps.
3. Asks questions to assess the level of client commitment to the action steps.
4. Tracks the client's progress.
5. Discusses options and possibilities while the client does the work.
6. Respects the Client's willingness to be truthful and keeps all information confidential and private.

Both Coach and Client

- Makes calls and appointments on time.
- Commit to principles of accountability, honesty and respect.