



Take Shape For Life General Protocol / Program Orientation

In individual or group sessions, review key program components, features, and recommendations:

- Overview of program recommendations
- Program materials (Quick Start Guide, Educational DVDs, etc.)
- Expectations
- Fees
- Resources/support available:
 - Program Materials (Daily Success Tracker, Tracking Sheet)
 - Orient to Support in Motion Web site
 - Recommended books: *Take Shape For Life Quick Start Guide*; *Dr. A's Habits of Health*; *Living a Longer Healthier Life Companion Guide*; *The Secret Is Out. What Physicians Have Always Known About Weight Loss*

Who Should Use Take Shape For Life featuring Medifast Meals?

- New and current patients who are overweight or obese (have **15 lbs or more to lose** in order to enter into their “normal, healthy” body mass index