

# Wellness Pledge

## Your Lifestyle Coach is committed to:

- Being your accountability partner
- Reviewing your food log and activity records each week
- Providing feedback on your successes
- Asking permission before offering suggestions
- An absolute belief that you can achieve your goals
- Maintaining confidentiality regarding your personal information



## You are committed to:

- Engaging every week for 16 weeks, and then biweekly and monthly for the remaining lessons
- Watching all lessons within the week that they become available
- Committing weekly to your eating and activity goals by practicing what you learn in the lessons
- Recording a weekly weight and your exercise minutes
- Communicating with your coach each week (chat, Zoom, phone, email...) to discuss lesson and weekly progress/goals
- Communicating with your coach if you are experiencing barriers to engaging in the program
- Maintaining an open mind to new ideas and strategies

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**Coach**

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**Participant**