

## Outsmarting the Female Fat Cell (OFF) Program Class Agreement

I acknowledge that this agreement is to outline expectations of the Outsmarting the Female Fat Cell (“OFF”) 12-week interactive program. This agreement is to help me to be successful in this program. As one of the participants in the “OFF” program, I, \_\_\_\_\_ agree to the following:

- 1) I will do my best to be on time to all sessions. If I cannot attend for any reason, I will inform the instructor **prior** to the session (via e-mail or telephone).
- 2) I will have an **open mind and try each strategy before judging** whether or not it will work for me.
- 3) I will do my best to complete the **DAILY** journaling for each week of the program. I will remember it is to help me be successful in this program and my long-term weight management goals. If I get overwhelmed with the journaling, I will remember it is temporary, and do my best to complete what I am able.
- 4) I will plan ahead in my schedule **each week** to do my best to participate in the weekly exercise goal.
- 5) I will not share any personal information that anyone shares in class outside of class without the permission of the person who shared the information initially. Confidentiality is important for everyone to feel comfortable to share and grow.
- 6) I will participate fully in the class discussion and activities.
- 7) **Even if I am skeptical about my success throughout the program**, I will make every effort to attend all of the sessions and complete the program by attending the final session and completing the final activities and measures.
- 8) I will do my best to read the chapters in the book along with the accompanying class sessions.
- 9) I understand that part of the program is attending the class sessions to learn the strategies but **also to share what I have learned from incorporating the strategies throughout this program because it may help someone else** and I may also learn from others.
- 10) **I will do my best to make the most of the program by participating in all components:** attending the sessions, trying each strategy, journaling daily, completing the weekly exercise goal, and reading the chapters in the book.

Signature \_\_\_\_\_

Witness \_\_\_\_\_