

National DPP

form

Participant Agreement



What you can expect from us:

- Go over your food and activity records as required.
- Give you feedback on your successes and what can be improved.
- Provide information in a way that is useful to you in meeting your lifestyle goals.
- Answer (or find the answer to) all of your questions.
- Honesty and accountability.
- To support and encourage you in challenging times.
- Absolute belief that each participant can achieve their goals for a healthier lifestyle.
- Access to a well-educated fitness staff to answer any questions about your fitness activities.
- Maintain confidentiality regarding your personal information.

What we expect from you:

- Come to each of the 22 sessions and bring your PreventT2 notebook.
- Do your best each week to reach your eating and activity goals.
- This includes doing home activities to practice what you learn in the weekly sessions.
- Keep track of your eating and activity 7 days a week.
- Be honest and as accurate as possible (this is for you, after all).
- Turn in your food and activity records weekly.
- Expect to be weighed each week at our weekly meeting. This allows you to track your progress; it is not a report card!
- Do your best to keep an open mind, and give new strategies a try. Persistence is the key to success!

I agree to work together in the ways described above.

NDPP Coordinator _____

Date _____

Participant _____

Date _____