



## **NEW YOU CHECK LIST**

Are you ready to:

- Complete a weekly food diary based on RMR
- Weekly meetings
  - o Review food diary, review exercise log & weigh in
  - o 4# weight loss monthly
- Exercise – daily requirement
- Meet with on-site MedCenter staff monthly
- Emotional wellness monthly appointment for those seeking bariatric surgery
- Not meeting above requirements OR , missing an appt will result in dismissal from the program