



## **NEW YOU CHECK LIST**

Are you ready to:

- Complete a weekly food diary
- Meet every week for 1 hour – 5<sup>th</sup> Floor of Building F – IT Training room
  - o Monday 530-630 pm
  - o Thurs 12-1
- Follow a designated meal plan
- Exercise
- Meet with on-site MedCenter staff monthly or bi-monthly
- Note\* Spouses cannot be in the same program (one would come mon, one on thurs)
- Missing 3 meetings in a 6 month period will be reason for dismissal from the program
- Missing a medical appointment will be reason for dismissal from the program