



LIFESTYLE 360 PROGRAM



This program is offered by a Family Physician who helps patients achieve their best weight using self-monitoring, dietary assessment, and cognitive strategies to support behavioral change. The schedule entails week to week sessions for the first month, biweekly for up to two months, and monthly for up to one year. Please ensure that the patient is aware of the nature of the program and motivated to participate. More information regarding the program can be found on our website.

I have asked this patient to review the program details on the website prior to his or her first visit

Physician Signature: _____ Date: _____

Please provide results of any bloodwork done within the past year.



Ⓟ (647) 748-5663

(F) (647) 740-7166

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