



## **Take off Pounds Sensibly**

### **Participant Consent Form**

I consent to participate in the TOPS program and I understand and agree to the following:

- I may attend any chapter meeting for one time at no charge. I understand that I am encouraged to visit more than one chapter to find one that I am most comfortable attending.
- Once I find the chapter that I am most comfortable with, I will present my TOPS membership coupon (\$32 annual membership fee) and complete the TOPS application process.
- I am responsible for paying the weekly, monthly, or quarterly chapter dues which vary by chapter.
- I agree/must have the weigh-in attendance sheet signed by the Weight Recorder for the chapter at each meeting to verify participation.
- I agree/must return the attendance log to my WISEWOMAN Provider after I have attended 12 sessions.
- I will receive the TOPS "Real Life" book free of charge after presenting the attendance log verifying completion of 12 sessions.

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Signature of Participant

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Date