



# FRIENDS ON A JOURNEY LTD

Together we'll achieve health & wellbeing

Welcome to your local independent Weight Loss Support Group, you should feel so proud of yourself right now for taking the first steps to achieve your goals. Please could you take a few minutes to fill out this form in full. All information on this form and what we discuss at the scales are private and subject to the Privacy Policy. When you have completed the form come up and meet me, Hannah, your Support Coach. I will then weigh you and get you started on your Journey, you can then join the rest of the group for a chat and drink before the led motivational support commences after which I will discuss the different plans available to you, when making the best choice for your journey. I will then support you every step of the way to achieve your goals though mindfulness and healthy choices.

First Name.

Surname.

Date of Birth. / / Age.

Email address.

## Address.

Town.

**County.**

Postcode.

## Mobile Number.

## Home Number.

I understand that I will receive limited promotional information via Email, SMS and Social Media. Most of the information will be general and personal support for my Journeys. If I really don't wish this support, I will tell Hannah and she will make a note on my details.

Have you already signed up to a Weight loss APP? Yes / No

If Yes which.

Do you have Diabetes? Yes / No If Yes. Type 1 / Type 2

Please read and sign: I agree to the processing of my personal details including health data to Friends On A Journey Ltd for the support of its services and that I may withdraw my consent at any time. For further details please refer to our website where the Term and Conditions, Privacy policy and Membership policy are stored for your access. On signing this document, you are entering a financial contract, where you are agreeing to pay Monthly, Three Monthly, Six Monthly or Twelve Monthly via Card payment at the Support Group or Via Invoice within 7 days of receipt.

£15.00 per calendar month, (discounts if paying for 3, 6 or 12 months at a time) Initial minimum term agreement of six months, after your 14-day statutory cancellation period. After the initial six-month term notice of one full calendar month must be given before termination of agreement.

Date. / / I do not have an active diagnosis of bulimia nervosa or anorexia nervosa Yes / No

**Signature.** \_\_\_\_\_ **Signature of Parent/Guardian if Under 18 with Doctors Letter.** \_\_\_\_\_



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Please share with me what has brought you here today, you can write as much or as little as you would like, but what you share will help me to support you.

Have you thought about any goals? These might be weight related or Non-Scale Victories, for example the next clothes size, wearing heels all day, being able to walk a mile without sounding like a steam train.

I am looking forward to getting to know you and supporting you to believe in yourself and your journey, because when you believe in yourself you will achieve your goals. I always refer to the story of the Hare and the Tortoise, the Hare greatly confident of winning, so it stops during the race and falls asleep. The Tortoise continues to move very slowly without stopping and finally wins the race. The moral lesson of the story is that you can be more successful by doing things slowly and steadily than by acting quickly and carelessly. This comparison is relevant to our weight loss journeys. By taking our time to look after our mindset we create new habits. These habits will help us to achieve our goals and in the long term help us maintain them. Losing the weight but not changing the mindset and habits (Quick Fix) often results in regaining the weight and in many cases more besides. Together we can achieve, Hannah.