

Success Agreement

To ensure the safety and efficacy of the Ideal Protein protocol:

I commit to abstaining 100% from alcohol while on the Ideal Protein protocol, understanding that reintroduction may occur later on in Maintenance

Why is this important? When we enter into nutritional ketosis, we must still maintain adequate levels of glucose in the blood to fuel the brain and other glucose-dependent tissues. But because we're significantly reducing our main source of glucose (carbohydrates) in our diet during the Weight Loss phase (Phase 1), we become dependent on our liver to "make new glucose" in a process called gluconeogenesis. Alcohol, when consumed, travels to the liver where it is recognized as a toxin **and its removal takes priority**. In doing so, the liver stops all other processes – including making new glucose AND ketones. In little time, blood glucose levels fall and without ketone production may leave the brain entirely without fuel. This can lead to disorientation and even to a loss of consciousness – not from the alcohol directly, but from a fuel-deprived brain.

I commit to attending my weekly follow-up appointments

Why is this important? Ideal Protein is a medically designed and supervised weight loss protocol. Our 1:1 weekly appointments are required to oversee your progress and are critical to your success. Missed appointments without 24-hour notice (preferably) or rescheduling within the same week, indicates a lack of commitment and readiness.

I commit to maintaining my daily food journals

Why is this important? Without maintaining your food journal and bringing it to your weekly appointment, your coach is unable to do his or her job, which is to oversee and support your progress. Maintaining food records/journals is also an evidence-based strategy not only for weight loss, but for long term success. Failure to maintain food records suggests lack of commitment and readiness.

I commit to following all instructions as directed (adequate IP packets, adequate dinner protein portions, 4 cups of vegetables/day, 64 oz. water)

Why is this important? Failure to consume adequate protein (as directed per P1 sheet) may lead to muscle loss, which will impact long-term maintenance. Consuming adequate vegetables provide essential nutrients, fiber and satiety.

I commit to taking the Ideal Protein brand Micronutrition supplements daily as directed

Why is this important? Due to the restrictive nature of Phase 1, many essential nutrients found in a balanced diet are temporarily removed. This includes many B Complex vitamins, which are crucial for energy production. **Why Ideal Protein's brand?** Our vitamins and minerals are formulated with our foods to provide the minimum daily requirements of essential nutrients necessary to optimize results.

I commit to an open and honest relationship with my Coach

Why is this important? Your Coach is your number 1 advocate in your success throughout this journey. He/she is NOT a judge or a jury. Without transparency in your communication, your Coach is unable to properly provide the right support at the right time.

Once my weight loss objective has been met, I am aware that transitioning on to the Stabilization phase for a minimum of 2 months is strongly recommended by my coach/clinic.

Why is this important? Weight loss triggers a "regain" response in the body. Our Stabilization process is designed to help you recognize your body's efforts to regain and will teach you how to manage increased hunger, cravings and feeding cues by fine-tuning your diet and empowering you with knowledge and strategies.

I, _____ understand that creating new and sustainable diet and lifestyle changes will take time, effort and commitment. I understand that the above agreed-upon terms are crucial to my success and to the safety and efficacy of the Ideal Protein protocol.

Client Signature _____ Coach Signature _____

Date _____ Date _____