



KOUMIDOU CENTER
Dieting Know More®

Dieting Know More® Four-Level Program at the Koumidou Center, LLC

Name of patient : _____

Age : _____ Weight : _____

Height : _____ BMI : _____

1) I have examined the above named patient and _____ give my permission _____ do not give my permission to enter Dieting Know More® at the Koumidou Center. The reason I do not give permission is :

2) I understand that in order to enter the Second Level of this program, this patient is strongly encouraged to observe a cleansing program of their choice. I examined this patient's health status and _____ give my approval _____ do not give my approval for him/her to enter a minimum of 5 days on _____ cleansing program.

3) I was informed about and approve the participation of this patient in activities such as, walking, kayaking, yoga, jogging, swimming, bicycling, Pilates, dancing, free weights, aerobics, tennis, paddle ball, racket ball.

Activities I do not approve for this patient are:

Doctor's Signature

Date

A note from the Koumidou Center, LLC: The program promotes permanent change in eating patterns enabling the individual to reach and maintain their natural weight. Natural weight is defined in the program as the place where one feels comfortable without inner conflict about their body image. The program focuses on the development of a new psychological configuration that fosters more balanced and conscious eating patterns by guiding people to identify and befriend that parts of them that do the over or under eating. The program is based on the theory of the Psychology of Selves.