



Program Outline

For the Smart for Life™ cookie diet all consultations are free. If you decide to start the program, your initial evaluation will consist of a body composition, measurements, lab work, an EKG, a physical and a consultation with the physician. Your initial visit will take 1 hour to 1 ½ hours.

Initial Start:

- I. We will have you fill out paper work including your general information, and consent forms to be signed regarding the program and the vitamins supplied.
- II. When you are called back by a nurse a body composition including your age, height, weight, BMI, fat mass and more will be taken.
- III. A physical, measurements, labs and an EKG will be taken for further evaluation with the physician. If you have recent lab work and an EKG your visit should be no longer than 45 minutes.
- IV. You will next see the physician who will go over the program with you and provide you with further helpful information to guide you through out your weight loss with the Smart for Life™ cookie diet.

Second Week Visit:

- I. We will have you come in weekly to monitor your weight loss and make sure you are doing well.
- II. For your second visit a nurse will take you back to the scale, record your weight and inform you of the difference from your previous weight.
- III. There are optional vitamin injections that you may purchase. They provide you with energy, vitamins and bind with your fat cells to help you lose weight.
- IV. Next, you may purchase products and stock up for another week until your next visit.

Third Week Visit:

- I. Your third week visit will be the same as your second.
- II. Weigh – in
- III. Optional vitamin injection
- IV. Buy products

Monthly Visit:

- I. For your monthly visit you will need to schedule an appointment ahead of time.
- II. A nurse will call you back to get your body composition and Measurements put you in a room to consult with Dr. Capasso
- III. The Dr. will talk with you about how things are going, and if you are staying on track and losing weight steadily.
- IV. A nurse will provide you with your monthly supply of vitamins and you can stock up on your products.

The Smart for Life™ diet was designed to help you lose weight in a healthy way with cookies that consist of a proper amount of protein, fiber, calories and other ingredients that your body needs through out each day.

