Comments to participant:

Basic (HELP):
- Help by acknowledging that losing weight is challenging.
- Encourage keeping scheduled contacts with coach, logging in to record weight, exercise, food.
- Let patient know program is based on scientifically verified (tried and true) principles.
- Point out individual benefits of weight loss (e.g. BP, glucose control). *Even a small weight loss will help your...*

Additional (if time allows):
- **Comment on weight change** (e.g. *It’s great that you have been losing weight, or It’s great that you are sticking with the program*).
- **Reinforce tracking**: *The more you track your behavior and log in the more likely you are to achieve weight loss success.*

Notes to POWER coach:

Medical event or Rx change affecting ability to exercise:  □ No event  □ Yes
Describe briefly:

Rx change affecting weight  □ No  □ Yes
Describe briefly:

Personal event affecting ability to exercise:  □ No event  □ Yes
Describe briefly:

Time (min) spent on weight loss counseling:  None  1  2  3  4  5  More: (specify): _____

Comments covered:  □ None  □ Basic  □ Additional

Other: