



Look AHEAD

The FUTURE YEARS



Four years and many meal replacements ago, you joined the Look AHEAD Study. The Look AHEAD staff sincerely thanks you for your continued participation and contributions to this landmark diabetes research study.

Your participation has not gone unnoticed!

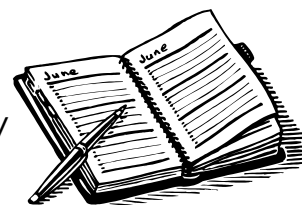


The Look AHEAD staff has noticed that many participants find the monthly individual sessions to be an important part of their weight management efforts. Additionally, the refresher groups and national campaigns remain a popular way to offer group support and an opportunity to maintain or restart a healthy lifestyle.

With this information in mind, here is the plan for the Look AHEAD “**Future Years**”:

- Monthly individual sessions will continue.
- Monthly group sessions will be offered.
- Refresher groups will be offered once a year.
- National campaigns will be offered once a year.

My Look AHEAD Future Years



_____ I will continue monthly individual sessions with my Interventionist.

_____ I will consider participation in the refresher groups and national campaigns.

Alternative Plan: _____

Participant Signature: _____ Date: _____

Counselor Signature: _____ Date: _____