



Slengora Limited, Weight Watchers of Ottawa,  
Eastern Ontario, Northwest Territories & Nunavut  
2090 Scott Street, Ottawa, ON K1Z 6S9  
613-725-1200 1-800-267-9939 wwco.ca

## Physician Approval

Weight Watchers® requires a physician's approval for any adolescent between the ages of 10 and 16 years of age who wishes to become a member.

The physician's approval must include an individualized weight goal or range that is suitable for this adolescent.

Current Date: \_\_\_\_\_

Name of Adolescent: \_\_\_\_\_

Current Age (In Years): \_\_\_\_\_

Current Height: \_\_\_\_\_

Weight Range or Weight Goal: \_\_\_\_\_

I recommend that \_\_\_\_\_ follows the Weight Watchers program.

Physician Name (please print): \_\_\_\_\_

CPSO #: \_\_\_\_\_

Signature: \_\_\_\_\_

Weight Watchers is devoted to a comprehensive approach to weight management through an educational program directed at lifestyle change in an atmosphere of group support. The program is built on sound scientific principles in the areas of nutrition, behavior, and exercise and is designed to achieve the recommendations of major health organizations throughout North America.

Physicians who are not familiar with the program may obtain literature by calling 725-1200, extension 321.