

Virginia Cooperative Extension Service

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DEB Contract

I plan to maintain my _____ calorie per day Diet Plan and Activity Plan to lose _____ pounds to reach my goal of _____ pounds. Weight reduction at the rate of 1 or 2 pounds per week will take _____ weeks.

Signed _____

Family Members _____

or _____

Friends Witness _____

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To: Family members and/or close friends of weight reduction participant in DEB

Topic: Your important role in helping the weight-reducer change eating/activity habits

You can help the weight-reducer change her eating/activity habits. The behavior of overeating and/or underexercising can be changed by using "behavior modification" techniques. These techniques involve rewarding the weight-reducer for eating less and exercising more. These rewards can be either material awards such as time, money, possessions, or services, or encouragement and praise by persons who are important to the weight-reducer.

Whenever possible, you should plan to keep the weight-reducer company when she eats. Just your presence when eating or exercising can help the weight-reducer maintain her commitment not to overeat or underexercise. Encourage and praise the obese person's adherence to the weight reduction program. However, it is not recommended that you call attention to any deviations made from the diet or activity plan. Individuals on the program know when they have not maintained their contract to the DEB program. Attention, even for inappropriate behavior, such as deviation from DEB, may be a "reward" and cause them to repeat the behavior to obtain more attention. Therefore, you need to praise and encourage the weight-reducer for adherence to this diet and exercise program, and never scold or admonish for deviations from the program.

Name: _____ Date: _____

Questionnaire for a Friend or Husband

If married, have your husband answer the following questions, or if unmarried, have a close friend (someone who witnessed your DEB Contract) answer the following questions:

1. Do you wish to have your wife/friend lose weight?
 Yes _____
 No _____
 Don't care _____
2. Are you willing to help your wife/friend in losing weight?
 Yes _____
 No _____
3. If you answered "Yes" to question number 2, are you willing to provide praise and positive comments about your wife's/friend's eating behavior?
 Yes _____ No _____ Are you willing to help by ignoring deviation from the diet or activity plan? Yes _____ No _____

Signed _____