

# TEAM

THINK EAT AND MOVE

## Referral Form

Think, Eat and Move (TEAM) Program is an eight week, evidence based healthy lifestyle program for 13 to 17 year olds who are above a healthy weight.

The program is FREE for young people in the Central and Eastern Sydney area and includes online sessions, videos and activities, and regular phone coaching calls with a qualified health professional.

Fax: **1300 325 301** or Email: **info@betterhealthcompany.org**

### Family Details

Parent/Carer name\*: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

Contact number\*: \_\_\_\_\_ Email Address: \_\_\_\_\_

Home Address: \_\_\_\_\_ Postcode\*: \_\_\_\_\_

### Referral 1

Name\*: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Gender \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

### Referral 2

Name\*: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Gender \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

### Comments / other relevant information

### Health Professionals Details

Please complete the details below, or provide a health professional's stamp of authority.

Referrer's name\*: \_\_\_\_\_

Name of service/practice\*: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

*\* Notes mandatory field*

Health Professional's stamp

**For more information or to speak to a Referrals Coordinator please call**

**1300 899 736 or email [info@betterhealthcompany.org](mailto:info@betterhealthcompany.org)**