## 

**Codes of Conduct**

*The InSHAPE wellness program is committed to your success. The following codes of conduct are your commitment to the program:*

**Respect for Mentor**

* Treat your mentor with respect
* Listen to what the mentor is saying when speaking with you

**Respect for Property**

* Treat all equipment as valuable
* Do not use the training equipment in an improper way
* Follow the instructions provided by the health mentor

**Respect for Session**

* Phone when you are going to be late or absent to allow time to reschedule session
* Be prepared to fulfill your 12-month commitment to achieve your goals
* No smoking during session

**Respect for Self**

* Do not use any substances that may impair your performance and awareness
* Success towards your goals is the result of being honest to yourself and mentor

**Respect when Communicating**

* Be Courteous
* Do not curse or swear when talking with mentor, staff, or other members

**Respect Personal Space**

* Always ask permission before touching another person during our session

*The codes of conduct are important for developing a professional relationship with your health mentor. We achieve our best state of health when we focus on all aspects of our personal health and growth. Now we commit. Now we change*

\*Agreement I have discussed the Codes of Conduct with the InSHAPE Wellness staff and will follow these rules

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

Mentor Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_