





On Track is a health education and supervised exercise program for people who would benefit from clinical support in making lifestyle changes.

Goal: To provide evidence-based support to reduce cardiovascular risk and improve mental health and overall well-being.

Sessions: Run weekly for 10–12 weeks with guidance from Interior Health and City of Kamloops staff.

Skill-Building: mindful eating, label reading, stress management, goal setting and action planning and cognitive behaviour techniques such as thinking realistically and problem solving.

			(Contact I	nformati	on				
Participant Name:							DOB:			
Email:							Phone:			
Family MD/NP:										
				Reason f	or Referr	al				
☐ Type I Controlled D☐ Type II Controlled I	DyslipidemiaMild to Moderate Depression/AnxietyMetabolic Syndrome					☐ Inactivity☐ Associated Risk Factors:				
This program takes	place in a gi	roup setting	. Only indiv	riduals with	no establis	hed vascu	lar disease a	ire accepted	d to this prog	gram
How ready is the	patient	to make	a change	e and att	end On 1	rack? Se	elect a numb	er below:		
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Comments: Please	share any i	relevant info	ormation for	r the On Tra	ck team.					
					en com					
Any contraindica	ations/lir	nitations	to exerc	ise?	Yes 🔲 N	0				
Please describe:										
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Fax comple	ted form	along w	ith any a	ddition	al docum	entatio	n to On T	rack at 2	50-312-3	281.
concur with my patie	ent's particip	oation in the	e On Track e	xercise and	education	program.				
Referring Physician or	Nurse Pract	titioner: (Ple	ase print) _							
Signature:						Date				