**Participation Requirements**

Complete the following:

* 1. Participate in the QI Effort for at least 6 months
  2. Are involved in delivering weight management clinic patient care
  3. Communicate with or meet with other project team members to coordinate project activities and discuss how to improve implementation
  4. Has accessed clinic-level project performance metrics showing process and/or outcome measures

**Reflection**

I reflected upon the following areas:

* + - 1. Change.  What change did you personally make in your practice?
      2. Impact.  How did this change impact patient care in your practice?
      3. Learning.  What did you learn as part of participating in this QI effort?
      4. Sustainability. Explain how you plan to sustain the changes you made to your practice because of this QI effort.