



LifeSteps® Leader Training Course

Pre-Requisites for LifeSteps® Leader Training

Applicants are expected to be Registered Dietitian Nutritionists (RDN) or Nutrition and Dietetic Technicians, Registered (NDTR).

All non-RDN/NDTR applicants must demonstrate ongoing continuing education in nutrition (workshops, seminars, conferences, etc.) within the last 5 years **AND** meet one of the following:

Nutrition Degree	Health-related Degree	Health-related Experience
Degree in nutrition from an accredited college.	<ul style="list-style-type: none"> • Four-year degree in a related health field, such as nursing, exercise physiology, health, and wellness • A minimum of one college-level course in human nutrition. 	<ul style="list-style-type: none"> • Four-year degree in a non-health field, • 5 years work experience in a health-related field • A minimum of one college-level course in human nutrition from an accredited college within the past 5 years.

Apply online at <https://lifestepsweight.com/apply/> or complete this form.

If you meet these criteria, please complete the Application Form on page 2 and submit all required documentation via email, mail or online. Documentation includes:

1. Completed Application Form (page 2)
2. An updated résumé
 - a. If not an RD, on your résumé, please include college-level nutrition courses you have taken, continuing education in nutrition and nutrition-related work experience per the pre-requisite information listed above.
3. A brief letter describing why you are seeking the LifeSteps® training

Send Application Form and required documentation to:

Email:	Mail:
tracy@lifestepsweight.com	LifeSteps®, Inc. P.O. Box 612 Mishawaka, IN 46546



LifeSteps® Leader Training Course Application

You are not enrolled in the course until the Application, Leader Agreement and fees have been received.

First Name: _____ **Last Name:** _____ **Professional Suffix:** _____
Employer: _____
Address: _____
City: _____ **State:** _____ **ZIP:** _____
Email: _____ **Daytime Phone:** _____

Do you have access to current LifeSteps® materials? yes no

If so, who owns these materials?

Education: Bachelor's degree Master's degree Doctoral degree

Major

How did you hear about LifeSteps®? (Check all that apply.)

www.LifeStepsWeight.com Friend or colleague recommendation

Employer request or requirement DPG listserv Which DPG?

Other:

Do you have any comments or questions?