

Extreme Lifestyle Makeover



Week #1- Session Outline

Materials consultant needs to have for this session:

Baseline measurement appointment logs, one-on-one appointment log and checklist.

Hand out and go over the **Program Description** outline thoroughly. Emphasize the fact that this program is very interactive and is designed to help participants reach their goals. Suggest that their number one priority should be to attend all scheduled group sessions and individual appointments.

Go over the dates for the sessions and ask that they write them in on the handout.

*While going over the Baseline Measurement portion of the outline, have them figure out what their **BMI** is using the Health Canada grid – another great baseline tool!*

Ask participants to fill out **My Eating Habits**. This serves as another great baseline tool in that they can re-visit some of their bad habits throughout the program.

Hand out a **3 Day Nutrition Log** and a **Participant Commitment Contract** to each individual.

Explain the tasks and ask them to complete both sheets and bring them to their first one-on-one appointment.

With respect to the commitment contract, briefly go over how they should write out their goals/commitments using the SMART formula. Specific, Measurable, Accurate, Realistic and have a Time Frame. Give an example:

I commit to attending the Extreme Lifestyle Makeover group sessions for the next 8 weeks.

Action Steps to Achieve Commitment #1:

- *I will schedule each weekly group session into my outlook calendar and/or my day planner.*
- *I will pack a healthy lunch and snacks for work on those days so that I have no reason to leave the building during lunch time and consequently miss the group session.*
- *I will find a buddy in this group so that we can remind each other to go to the weekly group sessions.*

Get each participant booked in for their baseline measurements and a one-on-one consultation. Both of these appointment sheets are in your consultant folder or use your consulting binder. Please give participants your contact information and have them copy it into the space provided on the second page of their program description sheet.

OPTIONAL: Remind them that the \$10.00 participation fee is also due at their 1st appointment.

HOMEWORK: Ask them to bring in a food label for next week and their 3-day Nutrition Log completed.