

Extreme Lifestyle Makeover



Week #8 – Session Outline

Materials consultant needs to have for this session:

Final Measurement Appointment Sheet, video, and an Omega-3 supplement jar (with correct quantities of DHA and EPA).

OPTIONAL: Collect completed Protein Intake Log Sheets and ask if they have any questions pertaining to last week's material.

***The DVD will take up most of the session. Please only briefly go over the **Cholesterol Information Sheet, BP Information Sheet** and the **Essential Fatty Acids (EFA)** Discuss the main points but don't spend too much time on them.

Hand out the **Fat Intake Log Sheet**.

HOMEWORK: Fill out **Fat Intake Log Sheet**. **Show Real Age Makeover – Dr. Roizen.**

Please pass around the **Program Evaluation sheets**. Ask that they be completed before leaving.

Remind everyone that next week's session will be the pot luck. Please ask each participant to bring in a healthy food item to share with the group.