

# Extreme Lifestyle Makeover

## Participant Program Outline

### Schedule of Events

Week	Date	Topic/Event
1		Introduction to Program
2		Food Score/Food Labels/Portion Control
3		Grocery Store Virtual Tour
4		Metabolism/Cardio/Pedometers
5		Muscles, Muscles, Muscles
6		GI/Carbohydrates
7		Protein Power!
8		A Matter of Fat/Real Age Makeover DVD
9		Potluck and Wrap Up

### Program Description

- Participate in a number of nutrition and exercise initiatives by attending weekly Extreme Lifestyle group sessions along with active tasks to keep you accountable.
- We encourage you to attend at least 1 one-on-one consultation for an individualized program. *“Your success/personal goals are related to the work you put into the program”.*

### Baseline Measurements

- Book your 10-minute appointment within the next week. Baseline measurements are helpful in determining personal goals.
- Measurements taken: chest, waist, hips, legs, body weight, body fat %
- What is your BMI?

### Contact Information

- Wellness Consultant: \_\_\_\_\_
- Email: \_\_\_\_\_
- Phone: \_\_\_\_\_
- Office location: \_\_\_\_\_

# My Eating Habits

If you are going to improve your current eating habits you must recognize what your current habits are and whether they are healthy or unhealthy.

These are currently some of my **healthy** eating habits:

Healthy Habit #1 -

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Healthy Habit #2 -

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Healthy Habit #3 -

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These are currently some of my **unhealthy** eating habits:

Unhealthy Habit #1 -

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Unhealthy Habit #2 -

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Unhealthy Habit #3 -

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# Participant Commitment Contract

As a willing participant in the Extreme Lifestyle Makeover, I agree to devote my full attention to achieving the following three commitments.

**#1: I commit to:**

*...attending the Extreme Makeover Lifestyle Challenge group sessions for the next 8 weeks.*

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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.*

**#2: I commit to:**

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Action Steps to achieve commitment #2:

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**#3: I commit to:**

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Action Steps to achieve commitment #3:

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**Signed:** \_\_\_\_\_

**Witness:** \_\_\_\_\_



# 3 Day Nutrition Log

**TASK #1** - Please list all food consumed for 3 days. Include any exercise you do as well.

	DAY 1	DAY 2	DAY 3
Breakfast ____:____			
Morning Snack ____:____			
Lunch ____:____			
Afternoon Snack ____:____			
Supper ____:____			
Optional Evening Snack ____:____			

Exercise \_\_\_\_\_

**TASK #2** – do the Portion Distortion Quiz...<http://hp2010.nhlbihin.net/portion/>