

Extreme Lifestyle Makeover



Participant Program Outline

Is this the year to be as healthy as you can be? YES or NO

Are you serious about making improvements to your health? YES or NO

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.
- Encourage participants 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"*.
- **OPTIONAL**: Amount to enter - \$10.00 - \$12.00 (pedometer and prize \$\$)
- **OPTIONAL**: PRIZES to be awarded at the end:
 - 3 money prizes (depending on numbers participating)
 - Top Wellness Warrior
 - Top % weight change
 - Top % measurement change

OPTIONAL PRIZES – provided you want your program to be a challenge!!!! If not, please delete the highlighted areas prior to printing.

Top Wellness Warrior

• **OPTIONAL: Wellness Warrior**

Get friendly with the “*Wellness Warrior*”

- Visit www.employersedge.ca/healthyemployee each day.
- Each activity is awarded various points (3, 5, 7, or 9 points) – get as many as you can!
- For each of the weekly group sessions you attend, be sure to click on “attended lunch n’ learn”.
- For each one-on-one consultation you attend, be sure to click on “attended a 30 minute EE consultation”.
- Your point tallies will be saved and will be announced at week 4. The winners will be announced at the potluck lunch.
- Top 3 point tallies WIN \$\$

OPTIONAL: Top % Weight and Measurement Changes

- Weight and Measurements
 - RECOMMENDED – weeks 1 and 8

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: _____

Tasks WEEK #1

- Sign up for your BASELINE MEASUREMENTS today and bring your **OPTIONAL: \$10.00 - \$12.00 to your measurement appointment.**
- Complete the **My Eating Habits** handout – great baseline tool and reminder as you proceed throughout the program.
- Complete your **Personal Contract**
- Complete the **3 day Nutrition Log Sheet** and **Portion Distortion Quiz**

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 -

Healthy Habit #2 -

Healthy Habit #3 -

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

Unhealthy Habit #1 -

Unhealthy Habit #2 -

Unhealthy Habit #3 -

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.

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:

Action Steps to achieve commitment #2:

#3: I commit to:

Action Steps to achieve commitment #3:

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/>

