

Fit & Lean in 2014

Consultant Outline - Condensed

Supplies Needed for Participants:

- Handouts for each month
- Measuring tapes (one for each participant where we are on-site: they can use this at home to take their own measurements)
- Goal Jars and Success Stones - for sites we are on-site, presenting [not webinars]
- **your CPD will advise on how/where to collect materials
- Extra goal sheets - please give each participant 4 goal sheets for his/her use - one per week.
- The goal is to focus on the weekly sub-goals. Encourage them to use the provided goal sheet to ensure participant is on track.
- Please bring additional - goal setting sheets and pens for each session

Specific Items You May Want to Have on Hand for Specific Presentations:

Month One: Calculator (to help people calculate BMR and target heart rate), measuring tapes

Month Two: Extra food labels (participants are encouraged to bring in their own food labels but consultant should have extras on hand for those who forget).

Month Three: Completion certificates to hand out. Please ensure you sign them and include the participant's name. They would have to participate in all three workshops for a certificate.



←This photo gives you an idea of what we are referring to when we mention jars/containers with “success stones” in them....not the pounds lost!