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Welcome:

Welcome to the “Weight Loss Conference Call” our goal is to provide support and encouragement that will help you on your weight loss journey.

We will connect every Thursday at 7:00 to 8:00 pm. The agenda, along with supporting documents and recipes will be available on the drshelution.com website by Wednesday the day before the meeting each week.

We ask that you dial in 5 minutes early and have all material printed and available for review prior to the 7:00 start time. This will ensure that the class starts on time and everything will run smoothly.

Recap

Last week we talked about our “Why”, we established a starting point (weigh, measure & selfie) and we also begin tracking our food intake using the [“Drshelution’s Check Box Food Journal”](#).

Open Discussion :

- Success & opportunities last week
- How did it make you feel?
- Did anyone try the [“Energy Bites”](#)?

Setting your Goal

If you are on a diet you can expect to lose 1 to 2 lbs per week. Since we are doing a lifestyle changes a number may be lower however weight loss could be more steady and consistent for a longer period of time.

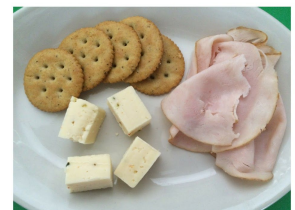
It's important that you set a goal for yourself, this will help you stay on track. If you are concerned about adding pressure by attaching a number make it an indirect goal by either eliminating or adding something to your lifestyle change.

Examples:

- Eliminate pop for 30 days.
- Establish Meatless Monday
- Add 2 days of strength training to your workout.

Snack

- Check out [drshelution.com](#) for a [DIY Lunchable](#).
- 100 calories snacks



DIY Lunchable



Group Talk

Chew on This

- Eating at a buffet
- Free refills
- Second helpings

Homework:

- Set your 30 day goal
- Continue doing your “Food Journal”
- Workout 3 times this week

Super Challenge

- Set 60 & 90 day goal
- Try 1 new snack
- Eliminate 200 calories from your lifestyle per day (example give up 1 soda per day)

Upcoming Events:

Week 3 - Breakfast

Week 4 - Lunch

Week 5 - Dinner

Week 6 - Exercise

Dial Info

August 4

7:00 - 8:00pm

Connect by Phone

- Dial: **(218) 339-7800**
- Participant Access Code: **730 6027**
- Online meeting room:
- hello.freeconference.com/conf/call/7306027

Dial-in numbers

- ***2** Raise or lower your hand
- ***6** Mute or unmute your line
- ***8** Toggle entry and exit chimes
- ***9** Start and stop recording
- ***7** Toggle Mute Mode
- ***0** End Conference

Roxanne Wilking MS Education

847-445-4678

drshelution.com