

# Table of Content

[Welcome:](#)

[Understanding your “Why”](#)

[Group Intro \(Class\)](#)

[Homework:](#)

[Upcoming Events:](#)

[Dial Info](#)

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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 8:00 to 9:00 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 8:00 start time. This will ensure that the class starts on time and everything will run smoothly.

## Understanding your “Why”

- Why I have chosen to do this class. (Roxanne)
  - Fulfill my passion
    - I am an “Accountability Partner”, my mission is to help people that want to grow but are stuck on what to do next. I help them set goals, establish milestones, and track progress.
  - Holds me accountable
  - Connects to my friends and family

- ***“Why do I really want to lose weight”***
  - What is your motivation?
    - Top 3 Reasons
  - Write it down, put it on your refrigerator.

## Group Intro (Class)

- Introduce yourself to the group and tell your “Why”. (2 Minutes) Food Journal

Are you overwhelmed with doing a food journal? Start out slow and do this simple check box journal. You will be surprised how this simple technique will give you insight on your eating habits.

It is not the traditional write down everything you eat journal, but a check box journal. Example, if you eat breakfast, check the circle, the same for lunch, and the other items on the journal below. The goal is to end your day with all your circles checked.

Do it for a week, and next week we will look cover your success and/or opportunities with your food journal.

I recommend that either you download this template from [drshelution.com](http://drshelution.com) or get a ring index notecards and copy the info to track.

Date:	Daily Food Journal
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snack	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fruit	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Vegetable	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise	<input type="checkbox"/>
Vitamin	<input type="checkbox"/>

## Homework:

- Define your “Why”
- Take your weight and measure
- Take a “Selfie”
- Do your “Food Journal” for a week.

## Upcoming Events:

Week 2 - Healthy Snacks

Week 3 - Breakfast

Week 4 - Lunch

Week 5 - Dinner

Week 6 - Exercise

## Dial Info

July 28

8:00 - 9:00pm

Number - 218-339-7800

Pin - 730 6027