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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.

Open Discussion :

- Congrats to Stephanie plus weight loss
- Success & opportunities last week
- How did you eliminate 300 calories?

Recap

- Week 1 - Establish your “Why”
- Week 2 - Established a “Goal”
- Week 3 - Planning & Prep

Week 4

Establishing Accountability

How are you holding yourself accountable for staying on track?

Workout Buddy

1. With a buddy it's more fun, you're going to do it more, stick with it longer and in the end you'll get better results.
2. This person is counting on you to be on track with them. It makes you more accountable in regards to proper eating habits.
3. You're planning your workouts in advance and making sure you are there for your buddy and for yourself.

Food Scale

- So often we underestimate the amount of food we eat. Try using a scale for a week to see how accurate you are with your measurements.

Water Intake

- Are you drinking your 8 - 8oz glasses of water per day. Here's a tip buy a case of water. Number them 1 to 28. Each day you should drink 4 bottles of water per day at the end of the week you should have 28 bottles drank. Savings Tip. Walmart 32 case is only \$3.33.

Cost

- If you are money conscious joining a gym or paying a jar, getting a personal trainer is the motivation that you need to get to the next step.

The Number

- Saying the number out loud / tell someone you are on a Lifestyle journey
- Sometimes just owning the number is enough that motivates you to change it.

We all need to be clear on the fact that being overweight alone puts us in the category of unhealthy. We may be fortunate that health issues have not manifested yet however that's should not be a green light for use to stay on this path.

Milestones

- Establish non-food Rewards
 - Buy flowers
 - Go to Spa

- Get nails & feet done
- Cut your hair
- Celebrate achievements
 - Pants loose
 - Rings fit
 - More endurance
 - Sleeping better
- Timeline milestones
 - 2 weeks you'll feel it
 - 4 weeks you'll see it
 - 8 weeks you'll hear it (friends)
 - 12 weeks rest of the world

Recipes of the Week

- [Blueberry Smoothie](#) -

Chew on This

- Who is your Dr. Phil?

Homework:

- Workout 3 times this week & 2 day strength training
- Drink 28 bottles of water next week.
- Start taking vitamins
 - Dr. Oz
 - Multivitamins
 - Calcium and Magnesium
 - Omega 3 (DHA)

Dial Info

7:00 - 8:00 pm

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

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