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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

- Week 1 - Establish your “Why”
- Week 2 - Established a “Goal”
- Week 3 - Planning & Prep
- Week 4 - Accountability & Milestones

Open Discussion :

- Congrats to Stephanie on working out 3 times last week
- Success & opportunities last week
- Did you find your Dr. Phil?
- Did you start try the 28 bottles of water Challenge?
- Did you start taking your vitamins.

Week 4

Finding the Time

You have 24 hours in a day, how are you using them?

- Asking for help.
- Delegating responsibilities
- Saying No

24 Hours in a Day

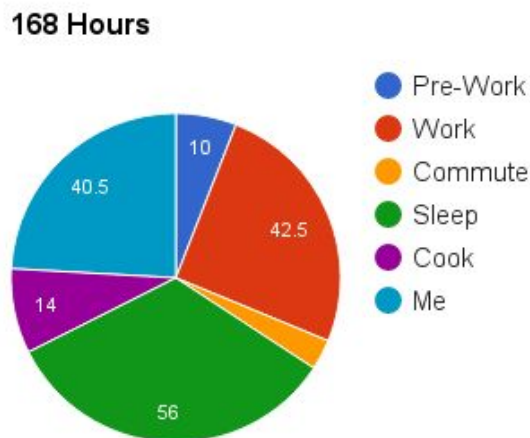
Take a look at your day. How is it spent? This is really important to understand how much or little time that you have to work with. On the days I have to work I have 2 hours of me time if I perform the minimum tasks of per-work, work, commute, sleep and cook. When I add in exercise or any family



request then something must give or I need to learn to manage my time more efficiently.

When you look at the week, you do gain 48 hours with a 5/2 week schedule. How is that 48 hours spent to capitalize on a busy 5 days.

168 Hours



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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