



12-Week Program - Course Details

The 12-Week **HealthyHabits** program was designed to provide comprehensive support for weight management with an emphasis less on “diet” and more on healthy lifestyle behaviors. The program is delivered in 12 modules via email materials and weekly group coaching calls. Those who have registered for PRO and PREMIUM programs will receive private coaching sessions in addition to receiving the coursework below.

MONTH ONE

WEEK 1 – Establishing A Baseline

- **What is a baseline?**
- **Good and Bad Foods – What does that really mean?**
- **Eating habits – Why it matters where you eat**
- **Learning about & tracking your DEE – Daily Energy Expenditure**
- **Understanding NEAT – Non-Exercise Activity Thermogenesis**
- **Setting up the Loselt app for tracking (*app not necessary to participate in program*)**

WEEK 2 – Setting Goals

- **Reviewing your DEE**
- **Metabolic effects of more muscle and its impact on weight**
- **Food portions on your plate**
- **Exercise and NEAT activities**
- **Forming habits**

WEEK 3 – Defining a New Lifestyle

- **Lifestyle vs. Diet**
- **Importance of doing things you enjoy**
- **Defining yourself – how to make it strong**
- **Why self-determination matters**
- **Visualization techniques with examples**

WEEK 4 – Going Off-Road

- **What going off-road means – when your normal routine is disrupted**
- **Importance of planning ahead**
- **Eating Out/Travel**
- **Why it’s ok to ask for what you need**
- **HOW to ask for what you need**





MONTH TWO

WEEK 5 – Communities & Relationships

- **Special occasions – how to plan for them**
- **Sabotage and/or back lash from acquaintances**
- **Why it's important to have support**
- **Ways of finding a supportive community**
- **The role of relationships**

WEEK 6 – Taking Stock and Recommitting

- **Half-way point – time to take stock**
- **Looking back**
- **Noticing things that have changed with food and activity**
- **Reflections on self-definition**
- **Things that have made a difference**
- **Moving forward**
- **Adding/Changing goals**

WEEK 7– Renewing Your Purpose

- **Habits take time to establish**
- **Setbacks are normal**
- **Motivation is the key**
- **Achievement motivation vs. failure-avoidance motivation**
- **Making a vision board**

WEEK 8 – Resilience

- **What is resilience**
- **Does everyone have it?**
- **Ways to build resilience**
- **What is meditation?**
- **How does meditation help you stay healthy?**





MONTH THREE

WEEK 9 – Stress & Stimulation

- **What is stress and what it does to you**
- **Symptoms of stress**
- **Steps to deal with stress**
 - **Identifying causes**
 - **Ways to relax**
- **Two types of energy**
 - **Stimulation – what types of food stimulate you**
 - **Nourishment – what types of foods nourish you**

WEEK 10 – Self-Care

- **How self-care is different from selfishness**
- **Importance of self-care**
- **Negative messages from others regarding self-care**
- **Making time in your schedule**
- **Discovering activities that are enjoyable and relaxing**

WEEK 11 – Your Environment

- **The importance of water**
- **Not all water is the same**
- **How non-toxic are items in your house**
- **Healthier alternatives**
- **Healthy resources**

WEEK 12 – Going Forward

- **Where you are vs. where you were**
- **Celebrate your small, medium and large changes**
- **Time for new goals**
- **How to maintain what you've gained**
- **Revisiting your TDEE**
- **Visualize your future**

