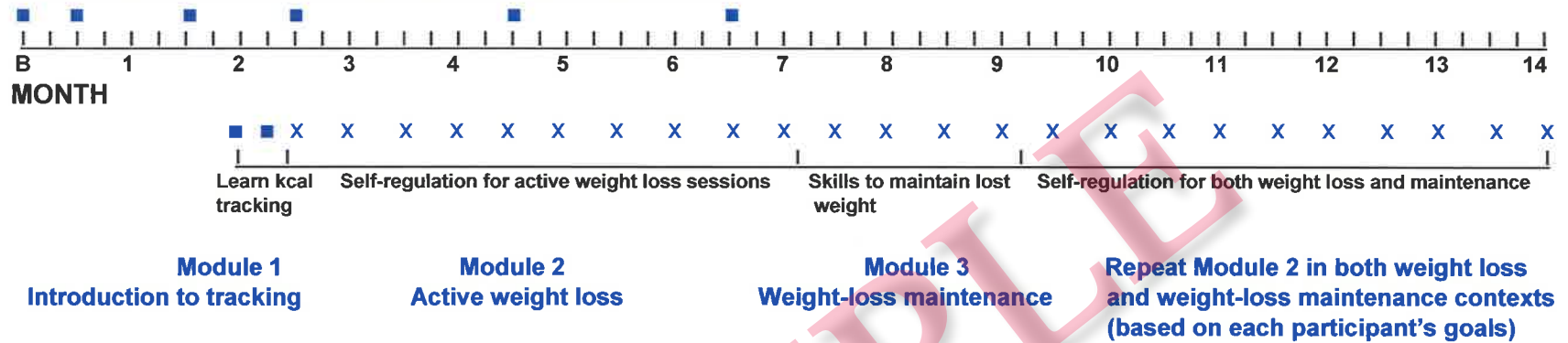


# Weight Loss Treatment Timeline

## The Coach Approach exercise support appointments



■ = Individual session    x = group session

SAMPLE

ACTIVITY	DESCRIPTION	TIME
<b>ATTENTION</b>	Greet. Welcome.	1 minute
<b>AFFILIATION</b>	<p><b>INSTRUCTOR</b></p> <ul style="list-style-type: none"> <li>• Welcomes participant back to the program</li> <li>• Expresses that YMCA is supportive and have develop a program to help participant</li> </ul>	5 minute
<b>AQUISITION / APPLICATION</b>	<p><b>INSTRUCTOR</b></p> <p>Reviews expectations</p> <ul style="list-style-type: none"> <li>• Explains the rules of the program</li> <li>• Explains the curriculum of the program (Module 1, Module 2, Module 3)</li> <li>• Establishes baseline caloric intake from CA food recall; if the person did not complete the 3-day food recall, instructors calculate their caloric intake based on the following chart:</li> </ul> <p>Imposed caloric goals</p> <p>120-174 lbs: 1200 calories</p> <p>175-219 lbs: 1500 calories</p> <p>220-249 lbs: 1800 calories</p> <p>&gt; 250 lbs: 2000 calories</p> <ul style="list-style-type: none"> <li>• Tells participate that they will use a caloric conversion tool (written or electronic)</li> <li>• Demonstrates and explains how to complete the Food Tracking Sheet and the Weight Tracking Sheet</li> <li>• Instructor asks participant to weigh themselves that night and instructs them on establishing date and time committed to record weight</li> <li>• Comments on frequency of weighing (record 1x/week; additional weighing permitted)</li> <li>• Introduces Self-Regulation Skills list. Tells participant list will be used throughout the program.</li> </ul> <p><b>PARTICIPANT</b></p> <ul style="list-style-type: none"> <li>• Ask questions</li> </ul>	35 minutes



MODULE 1  
Introduction  
Overview

MODULE 1

Appointment 1

*A goal is a dream with a deadline. (Napoleon Hill)*

ACTIVITY	DESCRIPTION	TIME
<b>ACTION</b>	<p><b>INSTRUCTOR</b></p> <ul style="list-style-type: none"> <li>Gives participant Instruction Pamphlet (explains the modules conceptually), FoodTracking Sheet and Weight Tracking Sheet to complete at home</li> </ul> <p><b>PARTICIPANT</b></p> <ul style="list-style-type: none"> <li>Weigh themselves that day and establish the date and time they committed to record weight</li> </ul>	2 minutes
<b>AFFIRMATION</b>	<p>You can do it!</p> <p>Participant books another one-on-one appointment – and leaves with Instruction Pamphlet and Tracking Sheets.</p>	2 minutes

## MODULE 1 – APPOINTMENT 1 | RESOURCES

- Instruction Pamphlet
  1. Rules
  2. Protocols
- Food Tracking Sheet
- Weight Tracking Sheet
- Self-Regulation Skills Handout
- Portion Control (posters and plates for classroom)
- Caloric conversion tools

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