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MODULE I: ASSESS & PREP

1. What you need and what you don't
 - Checklist Score (pre) for areas of improvement
 - NAP Tracking
 - Pantry Raid: remove and replace
 - Readiness Questionnaire
 - Mode and place for cardiovascular and resistance exercise
 - Good shoes, good kitchen utensils: blender, crockpot, grill
 - No fancy or expensive special equipment
 - Support outside coaching for your changes – who will they affect?
2. Designing Your Program
 - Focus first on skills, strategies, activities, recipes you already know and like
 - Don't try to take on something you think you can't do forever
 - Progress Not Perfection is what you're after (with one exception)
 - Goal setting will focus on progression from NOW to Realistic Ideal
 - Optimal > Second Best > When All Else Fails Plan
 - Limiting Beliefs
3. Discover New Options and Evaluate Obstacles
 - Why are you not at your goal NOW? Knowing this is BIG.
 - How do you feel about exercise? Do you know what to do?
 - How do you feel about good nutrition? Do you know what is "good" for you now?
 - What have you tried?
 - How did it go?
 - What would you like to be "better?" ○ Results ○ Experience
 - Plan Plan Plan, Then Be Flexible. (e.g. choose a kitchen prep day)
 - Snacks Can Be Your Friend (or not), Fat is your friend; Sugar is not
 - Movement vs Exercise is an important distinction
 - Complete the Readiness form for your own benefit

EAT SMART

4. Eat Smart, Unlearn & Relearn

- 80% of your success is nutrition. You can't out-exercise poor nutrition.
 - Old Way and New Way of Reaching Goals
 - Fact: You have to get comfortable in the kitchen
 - Tools, props, support can make "fast" food at home possible
 - Carrying meals and snacks might be a must for you: consider a cooler
 - No one in your family needs to eat poorly
 - Whole foods, recently alive, highest quality you can afford (organics) •
- First Steps:
- Start with a protein-rich breakfast 30+gms
 - Include low GL fruits and veggies at every meal (non-starchy veg)
 - Build around a high-quality protein at every meal
 - Protein-rich lunch
 - Protein-rich dinner w/ some slow-release carb
 - Leave 2-3 hours minimum between dinner and bedtime
 - Snacks between meals to prevent low blood sugar* depending
 - Shoot for 3 cups of leafy greens* a day and 3 more other veggies
 - Healthy fat: salmon, coconut oil, avocado, nuts and seeds, EVO
 - Don't count calories: make your calories count
- Blending all or part helps you absorb more nutrients (smoothies, soups) and may be a welcome "liver" and digestive break
 - Avoid inflammatory seed oils: canola oil (commercial salad dressings), sunflower, safflower
 - Use Avocado or coconut oil for higher degree stir-frying, or EVO for other
 - Drink water like it's your job: buy lemons, or oranges (citrus supports pH balancing and helps you drink more)
 - If it's artificial: it's making you fat, sick or draining energy. Choose real.
 - If it has a barcode: read the ingredients EVERY time.

5. Ditch the Diet Mentality

- Eat MORE of the right foods: you can't eat too many vegetables
- Slow down.
- Adopt Japanese rules: Hara Hachi Bu, start with soup, don't eat on the go, in your car or doing anything else while you're eating (no computer, no TV)
- Know that you're never going to be hungry, there's a snack or meal right around the corner.

- If there is a food you really want, it should be included regularly: don't give it any power by telling yourself you can't have it. Chocolate, Pizza, Pasta and Ranch dressing fit. We're just going to find a new way to prepare foods.
- You do want to go through a period of back-to-basics to rebalance: avoiding: sugar, farmed meat, wheat/gluten, dairy, eggs, soy, peanuts and potentially caffeine during the Elimination Diet if you've not recently done it. (You can eliminate meat separately after you've done the rest
- If you're not used to eating breakfast...you will want to start. Small steps.
- Remember that 30gms protein at a time is required for you to KEEP or increase lean muscle so you can boost metabolism to lose fat if needed, maintain bone density, and age optimally.







6. Specifics In Goals

- From Now to Next Week Closing A Gap On Ideal
- First Things First
- Weigh, measure, record inches and answer subjective questions
- Three-Day NAP Tracking
- Five-Day pH Tracking
- Next, 30-Day Tracking
- Exercise: Keep it the same or begin but no formal goal yet
- Pantry Raid: If you have it in your house, you will eat it; processed items take you further away from your goal
- Five Star Food List to restock

7. Build a Better Language Bank

- Want to vs. have to, should, could, would have
- Start exercise>let yourself stop if after 10 minutes the reason for not doing it is still there
- Appointment
- Something is better than nothing
- A half hour less of sleep is worth the consistency you're trying to build right now
- Your brain works better at intervals of 90-120 minutes: take an activity break!
- Focus on the Dos, the CAN haves. Don't go Hungry, Start tuning IN again
- Progress not perfection
- You can eat anywhere – including out, you just may not want to

Homework Module One:

-  Record your "Score" on the Checklist. Add any questions that come up for you to the Facebook page. Start filling out the grid on your copy.
-  Answer the Readiness to Change Form (for you to keep)
-  Measure what Matters: weight, inches, body fat (NOT BMI)
-  Add subjective scores too (My Progress in your account)
-  Keep a Three-day NAP, Five-Day pH, and begin the 30-Day Tracking
-  Do a Pantry Raid. Take a Before and After picture and post to the FB page! Or send to me (if you're not on FB and I will post!)

Please post your questions to the private Facebook group page.