

Group Body Success Program

Assessment Day – Weights and Measures

- Nutrition assessment forms due by COB the day before assessment
- Weights and measures (metabolism tests)

Meeting 1- Orientation to the Master In Dietetics, L.L.C. Body Success Program

- Folders and calendars given
- Learn How to track on the Tracking sheets
- Encouraged to memorize and record food intakes eating for the next 7 days
- Food Models Lesson

Meeting 2- How People Change Successful Goal Setting

- Review of the Tracking sheets
- FAD Diet Timeline
- Successful Meal Planning
- Participants will learn how to use their customized Choose My Plate Healthy Eating plan with their own foods
- Timing of Meals

Meeting 3- Supplementation (Neurotransmitter Development)

- Review of the Tracking sheets
- Registered Dietitian Nutritionist to reveal participant nutrient needs based on their Choose My Plate recordings
- Weights and measures
- Participants will receive a Master In Dietetics Group Body Success Program graduation Certificate and are encouraged to “Keep it Going!!!”

Meeting 4- Grocery Store Tour (within 2 weeks of week3) ***

- Review of the Tracking sheets
- Participants will go to HEB Market Street and learn how to shop effectively
- Successful Menu Planning
- Encouraged to make a grocery list based on family favorite foods and Facesheet goals

Meeting 5- Managing Food Cravings

- Review of the Tracking sheets
- Continuation on how to reach goals
- Education on Metabolism and Food Cravings

Meeting 6- Exercises/Physical Activity (Metabolism)

- Review of the Tracking sheets
- Participants will learn how to count their target heart rate so they can effectively burn fat during exercise bouts
- Successful exercise planning for the entire family
- Participants will discover all of the benefits of www.MastersInDietetics.com
- Ifly skydiving drawing

***Each employee has three 30 minute one-on-one sessions with the Dietitian Nutritionist

***6-Weeks of monitor and evaluations- Participants are to check in with the RD weekly.