



## Program Phases

### Phase 1 (weeks 1 – 6): Motivational Weight Loss

The primary goals for the first 6 weeks are to achieve a weight loss of around 5 - 6%, start building up your activity levels, plus understand the:

- Fundamentals of weight gain and weight loss
- Energy content of foods
- Benefits of regular physical activity

During phase 1 you will:

(a) Regularly visit your personalised online portal in the MEMBER ENTRY area of the *Healthy Weight For Life™ Heart Program* and:

- i. Review your week 1, 3 and 5 online (and / or printed) coaching modules.

These carefully planned coaching sessions will explain each step of the program and progressively build up your knowledge and critical practical skills over time.

- ii. Enter results in self monitoring and tracking system.

(b) Replace 2 meals each day with KicStart™ VLCD shake or soup (typically breakfast and lunch) **plus** some optional 'free foods' such as a bowl of diced strawberries, blueberries and raspberries and / or a leafy salad.

(c) Use the TEMplate™ dinner disc and follow the instructions in your TEMplate™ book (pages 18 – 21) to prepare enjoyable portion controlled dinners.

(d) Enjoy a range of 'free foods' that can be eaten freely in addition to the KicStart™ and TEMplate™ dinner (so there is no reason to go hungry or get bored) eg.

- i. as a bowl of diced strawberries, blueberries and raspberries
- ii. a leafy salad
- iii. homemade vegetable soup
- iv. balsamic and garlic mushrooms
- v. soy and sesame mushrooms
- vi. spicy eggplant dip
- vii. roasted Italian style vegetables

(e) Drink 2 litres of water plus (optional) 'free drinks' such as sparkling mineral water.

## Phase 2 (weeks 7 – 12): Consolidated Weight Loss

The primary goals for the second 6 weeks are to achieve and maintain a weight loss of at least 7% of starting weight (with a secondary goal of 10% if possible), progressively increase physical activity to an average of 30 minutes each day, plus understand the:

- Influences on food choices – conscious and unconscious
- Benefits of reading nutritional panels
- Stages of change
- Psychological factors affecting weight

During phase 2 you will:

(a) Regularly visit your personalised online portal in the MEMBER ENTRY area of the

*Healthy Weight For Life™ Heart Program* website and:

- i. Review your week 7, 9 and 11 online (and / or printed) coaching modules.

These carefully planned coaching sessions will explain each step of the program and progressively build up your knowledge and critical practical skills over time.

- ii. Enter results in self monitoring and tracking system.

(b) Replace 1 meal each day with KicStart™ VLCD shake or soup (typically breakfast) **plus** some optional 'free foods such as grilled tomato and mushrooms.

(c) Use the TEMplate™ lunch and snack box and follow the instructions in your TEMplate™ book (pages 15 – 17) to prepare an enjoyable portion controlled lunch and snack box.

(d) Continue using the TEMplate™ dinner disc and instructions to prepare enjoyable portion controlled dinners.

(e) Continue to enjoy a range of 'free foods' that can be eaten freely in addition to the KicStart™ and TEMplate™ dinner (so there is no reason to go hungry or get bored).

(f) Drink 2 litres of water plus (optional) 'free drinks' such as a diet soft drink

### Phase 3 (weeks 13 – ongoing): Weight Maintenance

Success for the third 6 weeks is sustaining a stable weight, maintaining around 30 minutes of walking or other planned exercise each day, plus understand the:

- Importance of not skipping breakfast
- Importance of self monitoring
- Strategies to improve motivation
- Secrets for successful weight maintenance

During phase 3 you will:

(a) Regularly visit your personalised online portal in the MEMBER ENTRY area of the *Healthy Weight For Life™ Heart Program* website and:

- i. Review your week 13, 15 and 17 online (and / or printed) coaching modules.

These carefully planned coaching sessions will explain each step of the program and progressively build up your knowledge and critical practical skills over time.

- ii. Enter results in self monitoring and tracking system.

(b) Follow the instructions in your TEMplate™ book (pages 11 – 13) to prepare an enjoyable portion controlled breakfast.

(c) Continue using the TEMplate™ dinner disc, lunch and snack box and instructions to prepare enjoyable portion controlled dinners, lunches and snacks.

(d) Continue to enjoy a range of 'free foods' that can be eaten freely in addition to the KicStart™ and TEMplate™ dinner (so there is no reason to go hungry or get bored).

(e) Drink 2 litres of water plus (optional) 'free drinks' such as a diet soft drink.

(f) As a back up to your Phase 3 eating plan, you can use the 'top up' KicStart™ shakes or soup for situations where you simply don't have time to prepare a meal or for the occasions where you need some additional help to stay on track.