

Docere's Healthy Lifestyle Program

First Class Syllabus/Schedule:

Fall Semester 2017 Dates and Topics	
Class 1: August 26, 2017 Welcome!	Welcome! Basics of Weight Loss & Goal Setting Weigh-in, Goal Setting, Questions/How to contact Ivana
Class 2: September 16, 2017 * (skips Sept 9th) Lean Out	Weigh-in/Goal check-in, Learn about your plate, Goal Setting/Modification
Class 3: September 23, 2017 Mindfulness	Weigh-in/Goal check-in, Portions and practicing awareness, Goal Setting/Modification
Class 4: October 7, 2017 Eyes on the Prize	Weigh-in/Goal check-in, Staying Motivated (self- & outward sources), Goal Setting/Modification
Class 5: October 21, 2017 Diet Budget Basics/Meal Planning	Weigh-in/Goal check-in, Time/Money-Saving/Reducing waste, Goal Setting/Modification
Class 6: November 4, 2017 Nutrition Mythology	Weigh-in/Goal check-in, Weight Loss and Diet Myths/FAQs, Scams, Goal Setting/Modification
Class 7: November 18, 2017 Sodium	Weigh-in/Goal check-in, Sodium & Heart Health, Goal Setting/Modification
Class 8: December 2, 2017 Keep Up the Good Work!	Weigh-in/Goal check-in, Weight Maintenance, Awards, Goal Setting/Modification