



First 5



First 5 Weight Loss and Management Program Guide

Session	Minimum Number of Contacts	Topic Discussion	Corresponding Pages
1	1	Setting Goals Lifestyle Changes Body Mass Index Get Tracking	2 – 5
2	1	Eating Habits Caloric Intake Food Intake Patterns Identifying Areas of Focus Smart Goals	6 – 10
3	1	Make Better Choices Calories In, Calories Out Portion Distortion Food Choices Meal Planning	11 – 19
4	1	Strategies for... Eating Out Special Events Grocery Shopping/Reading Food Labels Emotional Eating/Identifying Your Triggers	20 - 26
5	1	Get Moving Why Exercise Exercising Safely Developing an Exercise Program	27 – 33
6	1	Maintaining Your Success Ongoing Support and Coaching Focus Going Forward	34