

# Love Yourself Healthy Plan

## 16-Week Focus Session Topics

**Our Signature Plan guides you through our 5-Step Coaching Process to manage your health and weight.**  
This is a non-diet program for when you are ready to stop the mental gymnastics with improving your health.



Begin Small Steps Training

**Week 1: Set Yourself Up for Success: Nutrition.** Discover the lifestyle habits that promote long-term health, stop with the willpower, and take your first small steps with nutrition.

**Week 2: Nutrition – Quality & Quantity.** Explore the reasons we turn to food, experiment with trusting your body signals again, and try a simple way to improve your nutrition.

**Week 3: Meal Planning: Eating at Home.** Put the first two sessions together with a step-by-step strategy to plan and prep your meals and learn the critical importance of Plan B.

**Week 4: Set Yourself Up for Success: Exercise.** Define what is included in a well-rounded exercise routine and get started with building your base with enjoyable exercise.

**Week 5: Month One Reflections & the SET Strategy.** Check in with your inner critic and get your “no failure” strategy to SET yourself back on course every time you fall.



Overcome your Inner Critic

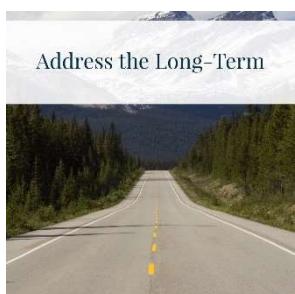
**Week 6: The Mental Obstacle Course.** Use Stages of Change & Decisional Balance as tools to focus on realistic strategies as your motivation levels, situations, and life change.



Implement The Plan

**Week 7: Food Package Detective.** Dive into the details and find out what those packages tell you and where to focus for your goals. Grab your packages to see what you’re eating.

**Week 8: Cooking Tips & Recipe Modifications.** Get ready to up your kitchen game. Simplify food math, recipe substitutions, cooking methods and oils, and food safety.



Address the Long-Term

**Week 9: Month Two Reflections & Qualifying Your Progress.** Find out how to stop the Comparison Game and understand the importance of your NSV’s (non-scale victories).

**Week 10: Principles of Cardio & Strength Training.** Ready to up your exercise game? How to use FIT, FIRST, RPE, LISS, and HIIT. Get the guidelines for health and for weight loss.



**Week 11: Strategies for Dining Out.** Use tools you didn’t know you had to enjoy a decadent restaurant meal and stay focused on your health goals. Choices by cuisine also included.

**Week 12: Make Peace with Yourself.** Investigate your beliefs about your ability to succeed by exploring common Cognitive Distortions, learn 3-steps to challenge your faulty beliefs.



Set New Goals

**Week 13: Month 3 Reflections & Your New Identity.** Figure out who you are now and who you want to be in the future and explore how to fully claim this new version of you.

**Week 14: Make Your Plan for Parties & Holidays.** Navigate social events successfully - and enjoyably - while keeping your health a priority with these 10 smart holiday tips.

**Week 15: Address the Long Term.** Find out why most diet and exercise plans fail people and how to keep yourself on track for the long-term.

**Week 16: The Remaining Pieces: Sleep, Stress, & Self-Care.** What’s next? Explore other lifestyle habits that can add to your health and happiness for the long-term