

THE FIRST SESSION:

Coach People To Lose Weight

#1 - IDEAL BODY, HEALTH, ENERGY, WEIGHT

- ▶ Congratulations again on deciding to transform this area of your life forever. We're going to start this fat-loss program by setting in place the most important piece that will make the entire fat-loss system work: measure your progress.
- ▶ What are all of the different ways you could measure your levels of health, fitness, and fat-loss?
- ▶ What are some other ways you can measure your progress as you transform your body?
 - Full-body "before" picture
 - Physical size measurements
 - Body fat percentage
 - Physical tests – heart rate; number of push-ups in a minute; timed run etc.
 - Dress size
- ▶ Which of those measurements do you think might be the most valuable for your fat-loss goals?
- ▶ **ACTION:** What do you specifically need to do this week in order to get accurate measurements?
 - ex: buy measuring tape; create excel spreadsheet; buy scale with body fat measurement feature or body-fat callipers
- ▶ Measuring your progress regularly is going to be the most critical factor that determines your success in this program. Would you be willing to take the measurements you decided once per week?

- ▶ Great! From now on, we'll start each session with you checking in with me on your latest measurements.

- ▶ **ACTION:** What other actions could you take this week to get your body going in the right direction?

- ▶ How do you feel about doing that?

- ▶ If not great: what would you feel great about doing this week?

- ▶ What did you find most valuable from today's session?