

Personal Food Coach Syllabus

Personal Food Coach Your Working Syllabus

Week 1:	Prepare for Success*
Week 2:	Food For Health*
Week 3-4:	Module 1: _____
Week 5-6:	Module 2: _____
Week 7:	Overcoming Barriers*
Week 8-9:	Module 3: _____
Week 10-11:	Module 4: _____
Week 12:	Maintaining Motivation*

**core modules*

Personal Food Coach Suggested Syllabus

Week 1:	Prepare for Success*
Week 2:	Food For Health*
Week 3-4:	Portion Size Matters
Week 5-6:	Supermarket Savvy - Lower the Fat
Week 7:	Overcoming Barriers*
Week 8-9:	Nutrition in the Kitchen - Fighting Fat
Week 10-11:	Nutrition on the Go
Week 12:	Maintaining Motivation*

Module Options

- Know Your Numbers
- Meal Planning Made Easy
- Nutrition in the Kitchen ~ Fighting Fat
- Nutrition in the Kitchen ~ Fun with Fruits, Vegetables & Grains
- Nutrition on the Go
- Portion Size Matters
- Supermarket Savvy ~ Focus on Fiber
- Supermarket Savvy ~ Lower the Fat