

Personal Weight Coach Syllabus

- Week 1 Class 1: Prepare for Success
Complete Personal Weight Coach Initial Survey
- Week 2 Class 2: Satiety & Hunger
Complete Eating Awareness Journal
- Week 3 Class 3: Dealing with Food
- Week 4 Class 4: Setting New Goals
Complete Goal Ranking Worksheet
- Week 5 Set Personalized Goals via Telephone Consult with your Coach

*PWC-U classes are short and informational
No Homework Assignments*

- Week 6 PWC-U: Starting an Exercise Program
- Week 7 PWC-U: Supermarket Savvy
- Week 8 PWC-U: Beginning Strength Training
- Week 9 PWC-U: Stress Management
- Week 10 PWC-U: Eating on the Go
Personal Weight Coach II Introduction
- Week 11 PWC-U: Emotional Eating
Complete PWC Satisfaction Survey
- Week 12 PWC-U: Know Your Numbers