

## Transitions Lifestyle Phase I

### Week 1

**1. 30 minutes:** Watch segment 1 of DVD series

**"Why Can't I Lose Weight?" (Code: 6395)**

**The DVD can be played while you are doing measurement**

- Record individual measurements (**once per month**)
- Inches (Journal explains specific areas to measure)
- Pounds (Keep consistent on time of day and clothing to weigh-in)
- Body Composition (Tanita Scale)
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**2. 20 minutes Review Chapter 1 & 2**

- Sign commitment page located within the Daily Journal

**3. 20 minutes Chapter 6**

**Explain Detox program and why it is critical**

- Review food list and recommended menu options found in the Daily Journal

**NO Exercise**

**20 minute lee-way for questions** (Depending how many people you have)

### Week 2

**1. 20 minutes:** Discussion—Q & A session to address key concerns of group

Each person discusses individual progress from session 1

Group offers feedback and encouragement

- ✓ How did the Detox program work for you?
- ✓ How do you feel?

**2. 30 minutes:** Watch segment 4 of DVD series

**"Getting Healthy Mind & Body" (Code: 6396)**

**3. 30 minutes:** Chapter 3,4,5 & 7(how to take the supplements)

### Week 3

**1. 20 minutes: Q & A session to address key concerns of group**

Each person discusses individual progress

Group offers feedback and encouragement

Reminders

Filling out the Daily Journal

Exercise tips

Supplementation

Stress Reduction

**2. 30 minutes:** Watch segment 3 of DVD series

**"Misleading Label" (Code: 6397)**

**3. 20 minutes:** Great time to do a taster:

Introduce Transitions Bars and Shakes and meals. Explain how they are great for *On the Go*. (If they have not already purchased)

**Note:-** Recommendation to have some bars handy to really show them the example of bad bars and even put some candy bars in there they will see that will some of these "Health" bars that there is not much difference.

You may also want pricelist and order forms available

#### **Week 4**

**1.15 minutes:** Discussion-How is everyone feeling?

Q & A session to address key concerns of group

Share Ideas, tips, recipes

**2. 30 minutes:** Watch part of Segment 7 of DVD Series

**"Grains, Health & Your Weight"(Code: 6399)**

**3. 15 minutes:** Open discussion

**4. 10 minutes:** Great time to introduce Greens, Fiber and B-12

**Note:** Do a taster

Have a pricelist and order form handy

**5. 5 minutes:** Reminders

✓ Filling out the Daily Journal

✓ Exercise tips

✓ Supplementation

✓ Stress Reduction

#### **Week 5**

**15 minutes:** Q & A session to address key concerns of group

Each person discusses individual progress

Group offers feedback and encouragement

**2. 30 minutes:** Watch segment 5 of DVD series

**"Get Off The Sweet Stuff" (Code: 6400)**

**3.10 minutes:** Open Discussion

Review healthy alternative recipes that encourage group to stay off sweet foods

**Example:** Add fresh berries to Transitions On-The-Go shakes for a delicious afternoon smoothie

**4.30 minutes:** Watch segment 6 of DVD series

**"Good Fats, Bad Fats" (Code: 6400)**

**Note:** handout information on the Omega 3's

## **Week 6**

### **1. 20 minutes:** Q & A session to address key concerns of group

Each person discusses individual progress

Group offers feedback and encouragement

### **2. 30 minutes:** Watch segment 7 of DVD series

**"Detox Diet & Plateau" (Code: 6399)**

### **3. 30minutes:** Open Discussion

### **4.10 minutes:** Reminders

✓ Filling out the Daily Journal

✓ Exercise tips

✓ Supplementation

✓ Stress Reduction

## **Week 7**

### **1. 30 minutes:** Results Pictures, measurement, etc...

### **2. 30 minutes:** Accomplishing Goals & Individual testimonials/experience

### **3. 15 minutes:**

**Note: - Note:** -Let them know how great they look and how far they have come. They should be very proud of themselves. That this is the beginning of a journey, recommend that they should stay with it because the longer they really follow it the more it becomes a complete lifestyle.

Through following the system and changing there lifestyle and with help of the supplements, they have made great strides in just six weeks.

Stick with this for another 6 weeks (**Talk about the option for Phase II**) and their furnace will turn on and they will be drooping fat and gaining muscle without even trying. Some of them may take 120 days depending on how wrecked their metabolism is, but it will happen.

Celebration- Do a Low GI pot lock

Handouts: Certificates