

# Session 1 Leader Guide:

## Welcome to the Diabetes Prevention Program - Group Lifestyle Balance™

### Objectives

In this session, the participants will:

- Meet the lifestyle coach and other group leader(s).
- Learn about session meeting dates, times, locations, ways to stay in contact.
- Be given the Diabetes Prevention Program - Group Lifestyle Balance™ (GLB) notebook and handouts for Session 1.
- Discuss guidelines for being a good group participant.
- Discuss their initial thoughts about joining GLB.
- Learn about the research that supports the Diabetes Prevention Program (DPP).
- Review conditions that increase risk for diabetes, pre-diabetes, and the metabolic syndrome.
- Receive an overview of GLB.
- Learn the two main GLB goals and why they are important.
- Determine their 7% weight loss goal.
- Review session topics and the scheduled frequency of contact for the program.
- Discuss key aspects of the lifestyle coach-participant working relationship. Sign the lifestyle coach-participant behavioral agreement.
- Begin to record their weight and be assigned self-monitoring of weight.
- Learn the reason for and basic principles of self-monitoring.
- Learn the importance of measuring foods.

### To Do Before the Session:

- Access the most recent version of the session handouts from the Diabetes Prevention Support Center (DPSC) website. <https://www.diabetesprevention.pitt.edu/>
  - Log into the GLB Providers Portal to review additional program implementation resources: <https://www.diabetesprevention.pitt.edu/my/login.aspx>
  - Decide how you will instruct participants to self-monitor. Examples include the GLB Keeping Track books or other written or digital food and activity tracking options.
  - If providing Food and Activity books, 2 books per participant, for Weeks 1 and 2.
  - Prepare participant notebooks (insert the Session 1 materials).
- Please note: A one-year GLB session schedule is provided on Page 15 of the Session 1 participant handout. This is meant to be a guide, with the understanding that there will be variation due to holidays, staff schedules, etc. If applying for CDC recognition ([https://nccd.cdc.gov/DDT\\_DPRP/applicationForm.aspx](https://nccd.cdc.gov/DDT_DPRP/applicationForm.aspx)), the first 16 sessions must be offered within the first 6 months. The first 16 sessions should be delivered in the order listed; however, the last 6 sessions may be used interchangeably. We generally suggest that at least the first 12 sessions be delivered weekly, and then transition to biweekly and monthly as is feasible in your program setting.

**To Do Before the Session (continued):**

- Sign the lifestyle coach-participant agreement if you are not doing so during the session.
- Determine how participants will contact the lifestyle coach/program organizer for absences and other concerns. Print contact information on the cover page.
- Have a set of measuring cups and spoons, a liquid measuring cup, a ruler, and (optional) a food scale that weighs in ounces (for display).
- Be prepared with information on where one can buy inexpensive measuring tools.
- Make a plan for participants who do not have access to a bathroom scale at home.
- Invite family members to attend with the participant (if appropriate in your setting).
- Determine how the lifestyle coach will document attendance and weight at the scale. Options include using the **Weekly Record** (pages 21-22 in the Session 1 handout; one for each participant), the **Group Lifestyle Balance Leader's Log** (GLB Providers Portal), or another preferred method. Keep all records secure/confidential.
- Have paper towels or wipes available for covering/cleaning the base of the scale (as needed).
- It is helpful to print a GLB Meeting Schedule with dates of each session.
- If lifestyle coaches are delivering the program in community locations, determine secure storage methods for scale and other materials (e.g., locked file cabinet).
- Determine a protocol for managing absences. Decide whether and how you will conduct make-up sessions in your program. There are an increasing number of options, simply be clear and consistent about your expectations and procedures. Examples include: mail or email the session material, create a website access, conduct a make-up session by phone or other digital means. You may wish to provide session material ahead of time to participants who inform you of planned absences.
- **If your program requires health care provider approval to participate, determine appropriate procedures for your participants and setting.**

**Available in the GLB Providers Portal:**

<https://www.diabetesprevention.pitt.edu/my/login.aspx>

- GLB Keeping Track books for self-monitoring (PDF for self-printing and assembly and ordering information for professional printing)
- **Group Lifestyle Balance Leader's Log**
- GLB Health Care Provider Approval to Participate template
- Group session meeting schedule template
- **Electronic Tools for Self-Monitoring** handout

### **General Session Procedures:**

- As participants arrive, weigh each person privately. This may occur in the classroom, but scale display and participant weight record should not be visible to others.
- Maintain safety of participants as they step on and off the scale. Make sure weighing area is accessible and chairs are available for those needing extra assistance.
- Participants should remove shoes before weighing.
- Distribute participant notebooks with weekly session material.
- Ask participants to keep the **Weekly Record** (pages 21-22 in the Session 1 handout) at the front of participant notebook for easy access and self-monitoring of weight.
- It is advisable to weigh latecomers following the meeting.
- Conduct group session. Aim to start and end on time. Expected session length is about one hour. You may want to allow more time for the initial session.
- GLB sessions are meant to be highly interactive. Balance session content with prompts for group discussion. Ask if there are any questions, following each section.

### **General introductions**

*[The first step is to introduce yourself and ask participants to introduce themselves. Also welcome any family members or other support people present as appropriate.]*

Hello. I'm delighted to meet you. My name is [ ]. Welcome to the Diabetes Prevention Program - Group Lifestyle Balance, or GLB.

*[Briefly describe your background and qualifications for leading the group. Introduce any other group leaders. Describe your roles.]*

GLB is directly adapted from a large clinical research study called the Diabetes Prevention Program, which we will discuss further in a few minutes. The GLB is designed to help you make lifestyle changes and to lose weight through healthy eating and being more physically active. These lifestyle changes have been shown to help reduce risk factors for diabetes and heart disease. This program is called "Group Lifestyle Balance" because we'll be helping you reach a healthy balance between what you eat and how active you are.

Now I'd like to ask each of you to introduce yourselves.

*[Provide a few brief questions for each participant in the group to answer, such as to give their name and state something about themselves. Or use another brief ice breaker.]*

Before we move on to the session material for today, let's go over some housekeeping details.

Consider discussing these points to inform and manage participant expectations:

- Access to building, meeting room, parking, bathrooms, and other details.
- Weekly weigh-in routine typically includes weighing by the lifestyle coach before each meeting, recording the weight on the **Weekly Record**.
- Review procedures for the weigh-in. Emphasize privacy of weight records.
- Time does not permit extensive coaching at the scale. Participants may address personal concerns after class or at another scheduled time.
- Latecomers will be weighed after class.
- Class time is about one hour.

### **Introduce the participant notebook**

The notebook I've given you will be used throughout the program. It's yours to keep. At every session I'll give you some handouts to put into the notebook, and we'll go over them together.

Feel free to write notes or questions on the handouts, and take the notebook home. Just be sure to bring it with you to every session.

Please write your name on page 1. Here you will see my name and contact information. *[Another option is for you to write your name and contact information on the board. Ask participants to write it on their handout.]*

It's very important that we stay in touch.

I'm looking forward to working with all of you to make our time together a success. How we work together as a group will be very important.

*[Use this opportunity to talk about whether or how you will conduct make-up sessions in your program.]*

### **Session 1:**

### **Welcome to the Diabetes Prevention Program: Group Lifestyle Balance™ (page 3)**

*[Review **Be a Good Group Member** on page 3. Ask the participants if they have other suggestions.]*

*[Encourage attendance. Mention that many studies show that greater session attendance is related to greater program success. Group members are a great source of support, encouragement, and helpful suggestions. Some people tell us that learning in a group is fun and rewarding.]*

## Remember Your Purpose (page 4)

I'm sure all of you have certain expectations and maybe even hesitations about joining this program.

Let's talk about your initial thoughts about being here.

*[Based on group size, budget 10-15 minutes to discuss the three questions on page 4. Ask the questions one at a time. Encourage participants to share thoughts and ideas (and jot them down) during group discussion.]*

- What do you think about being in GLB?
- Why did you join?
- What do you hope to achieve by taking part?
- How will healthy eating and being active help you or others?

## The Diabetes Prevention Program (page 5)

An important study showed that making these lifestyle changes and keeping them up over time can **prevent diabetes** in people like you who are at risk of diabetes. The study was called "**The Diabetes Prevention Program.**" Information about this study is found on page 5.

The Diabetes Prevention Program (or DPP) was conducted at 27 health centers around the country. The DPP was funded by the National Institutes of Health.

**More than 3,000 adults took part in the DPP.** All were at high risk for type 2 diabetes. This means that they had a condition known as "pre-diabetes". People with pre-diabetes are at increased risk for developing diabetes.

*[Review the definition of pre-diabetes.]*

*[Review information about the study participants and the three groups.]*

**The DPP was a great success.** The volunteers were followed for about 3 years.

*[Review the results of the DPP. Emphasize that losing weight and being active have been shown to lower the chances of getting type 2 diabetes.]*

The original DPP participants continue to be followed in what is called the DPP Outcomes Study. There continue to be positive benefits of modest weight loss and physical activity for many years.

As a result of the DPP, many national, state, and local groups have begun programs like this one to help people lose weight and be more active. Now there are programs based on the DPP all over the world, including GLB. *[Feel free to name some of the places that you think would resonate with your group.]*

### The DPP and the Metabolic Syndrome (page 6)

**The DPP also showed that losing weight and being active can reduce the risk of what's called “metabolic syndrome.”** Someone with metabolic syndrome has three or more of the risk factors listed on page 6. *[Review the list of risk factors.]*

One of every four American adults has metabolic syndrome. *[Review the list of health risks associated with metabolic syndrome.]*

**The DPP lifestyle program reduced the risk of metabolic syndrome by 41%.** GLB is designed to help you make lifestyle changes to both prevent diabetes and prevent or treat the metabolic syndrome.

### Group Lifestyle Balance™ Goals (page 7)

This program is called “Lifestyle Balance” because we will help you reach a healthy balance between two parts of your lifestyle:

1. What you eat, and
2. How physically active you are.

The GLB goals are the same as the DPP lifestyle goals. Your goals will be to:

1. Lose weight through healthy eating, and
2. Be more physically active.

*[Emphasize that many studies have shown that these goals are safe, can be reached, and kept up over time.]*

The GLB goals are listed on page 7:

1. **Lose 7% of your weight**

*[Review the information in the Goal 1 text box. Emphasize that they will lose weight at a pace that is safe and do-able; about 1-2 pounds per week.]*

*[Use the following to help participants find their goal weight.]*

Turn to page 8, “**Group Lifestyle Balance™ Goal Weights**”.

Find your starting weight in the first column of the boxes on pages 8-12.

Next, read across the row. The second column shows the number of pounds you will need to lose to reach the goal. The third column shows your goal weight.

**Write your pounds to lose in the text box on page 7 where it says “Pounds to lose”. Also write your goal weight where it says “Goal weight (7% loss)”.**

**Please take out your “Weekly Record”. Write your 7% goal weight on the line provided at the top of the page.**

*[Note: The next time you weigh participants, check the goal they have written down to make sure it is correct.]*

Many people reach the 7% weight loss goal by about 4-6 months from starting the program.

To help you reach your weight goal, we will give you a goal for calories and fat grams. This will get you started. I'll explain more about these goals in the next session.

## **2. Do at least 150 minutes of physical activity each week.**

The second main goal of GLB is to **do 150 minutes of physical activity each week** (this would be like taking a brisk walk for 30 minutes on five days of the week).

*[Review the information in the Goal 2 text box. Emphasize that they will reach their activity goal at a pace that is safe and do-able.]*

**We will help you to reach these goals by making gradual, healthy, and reasonable changes in your eating and activity behaviors.**

We'll go over each of these goals in detail, and exactly what they mean for you, as we go along in GLB. You may also have your own personal goals you want to reach, but we encourage you to start with the GLB goals because they have been shown to work with many people. I will do everything I can to help you reach your eating, activity, and weight goals.

Some participants will have their own personal goals and want to lose less or more weight than 7%. Some may already be very active; others may wish to do less than 150 minutes of activity each week. Briefly address their concerns. Here are some examples of ways to address individual concerns:

- If the participant *wants to lose less weight or be less active* than the program goal: “We’ll work toward this goal slowly, one step at a time. It’s a safe and reasonable goal for you, and I’m very confident that you can do it with our support.”
- If the participant *wants to lose more weight or be more active* than the program goal: “Let’s work toward this goal first. When you reach this goal, we’ll talk about going further.”

## How Reaching the Group Lifestyle Balance™ Goals Can Help You (page 13)

The GLB goals are **safe and can be reached**.

There is nothing extreme. For example, “Being active” doesn’t mean you need to be a marathon runner, although you can if you want to and you train for it. We will help you gradually increase your general level of activity and build a more active lifestyle in a way that works for you.

*[Review the information on page 13. Additional topics are listed below.]*

1. **May prevent diabetes and the metabolic syndrome.**

The Diabetes Prevention Program proved this to be true for many people. It showed that losing weight and staying active can prevent diabetes. Moderate weight loss and physical activity improve the body's use of insulin (the hormone that regulates the amount of sugar in your blood).

2. **Will help you be healthier, look better, and feel better**

Many of you may have health problems like high blood pressure or high blood cholesterol. Research has shown that losing weight and/or being active has many health benefits. *[Review the list. Ask participants to identify which are the most important to them. Discuss.]*

3. **Will set a good example for your family, friends, and community.**

Many of us live in a family or a culture with high-calorie eating and inactivity. You will face a challenge as you work at doing things differently. But you will also set a good example of what it’s like to live a healthier lifestyle, which can be inspiring and encouraging to everyone around you.

**Changing your eating and activity behaviors takes work.** It takes dedication, hanging in there, and doing what needs to be done every step of the way.

**We are here to help.** I will do everything **I** can to help all of you reach and stick with your eating, activity, and weight goals. I am confident that **you can do it!**

Your fellow group members will also be a great source of support, encouragement, and helpful suggestions.

## Group Lifestyle Balance™ Program Design (page 14)

GLB has been carefully designed. It is based on many research studies of the best ways to help people change. **GLB is NOT a diet; it is a lifestyle change program.**

In this program you will learn:

- **Facts about healthy eating and being active.** We will give you the most up-to-date and accurate information.  
But knowing the facts, or what to change, isn't enough. You also need to know **how to change.** So you will also learn:
- **What makes it hard for you to eat healthy and be active.**
- And learn **how to change these things so they work *for you***, not against you.  
For example, you'll learn how to:  
*[Review the information in the text box.]*

I will also give you the **long-term support** you need to stick with the changes you make. I will be your **“lifestyle coach.”**

### Group Lifestyle Balance Sessions (page 15)

Page 15 shows you the topics for **Sessions 1 through 22.** *[If it is appropriate for your setting, tell participants they are welcome to invite a family member or friend to any or all of the sessions.]*

### We Will Work Together as a TEAM (page 16)

It is very important that we work together throughout the program as a **team.** Let's review how we will work together as a team.

*[Review “We will count on you to”. Additional information to include:]*

- **Attend the sessions.** *[Ask that participants let you know the week before if they are going to be absent the next week. Also explain how you want participants to contact you if they will miss a meeting. For example, phone call, text message, or email.]*
- **Keep track of your eating and activity 7 days a week.** I'll talk with you more about this in a few minutes. **Be honest.** Don't try to “please” me. I will count on you to write down what you are really eating, and how active you really are, not what you think I want to hear or what would make me happy.
- **Keep track of your weight at home.** You will be weighed at each group meeting. By weighing yourself at home, you will be able to see the pattern of your weight from day to day and see how your changes in eating and activity affect your weight.

- **Try your very best to tackle these changes now**, while you have support from your coach and the group. Then you will be ready to practice for longer periods on your own when we meet less often later in the year....and to continue these healthier eating and activity behaviors for a lifetime.
- **Let me know if you have any problems.** Ask questions when you don't understand something. I am here to help and I need to know when you're having any difficulties. There's no such thing as a "stupid" question--it's *smart* to speak up when you have a question.

*[Note: Some participants, because of their cultural heritage or personal history, may consider it rude to ask questions or to bring up difficulties. Be sensitive to the values and norms of your group. Express your acceptance and appreciation when they voice their questions and concerns.]*

- **Stay willing and open to change. Always “hang in there.”** To change your weight and health, you must change your eating and activity behaviors. Through trial and error, you will find what works best for you. If you run into problems, I will count on you to hang in there and give it your best until we solve the problems together. This is a "can do" program.

*[Review “You can count on us to” and include the following:]*

- **Present accurate facts about healthy eating, physical activity, and weight loss.** GLB is evidence-based and strives to present current research in a way that helps you understand it more clearly. However, we understand that the amount of information can be overwhelming at times. Sometimes studies contradict each other. **We will aim to “keep it simple”.**
- **Answer your questions.** It's important that you feel free to ask me any questions you have, and I will get the answers for you. Please remember that the program staff members are all appropriately trained, and our job is to help you in any way we can.
- **Be honest.** We will both need to "say it like it is." I will count on you to be honest about how you are doing. And you can count on me to listen and encourage you and the group to solve problems together.
- **Believe you can reach your eating, activity and weight management goals.** We all need someone to believe in us when we are making changes for the better. I know you can do it, and when you get discouraged, I will be here to believe in you. Noticing what you're doing **well** is one of my most important jobs. I will encourage you and build you up and appreciate your efforts.
- **Always “hang in there” for you.** The entire GLB staff will **support and help you** throughout the program. As you make lifestyle changes, there may be times when you struggle to stay focused on your goals. This is when it is **most**

important to keep in touch with me and to attend group meetings so that we can work together to keep on track. Your fellow group members can also help to support and encourage your lifestyle change efforts.

Is there anything else you'd like me to do to help you? *[Explain whether or not you will be able to respond to these requests and suggest other sources that might be able to address their needs if you and the program will not be able to so.]*

I hope we will work together in the ways we just discussed.

Please sign the agreement if you agree to this kind of team approach.

*[Give participants time to sign the behavioral agreement. If you did not sign the agreement before class, walk around the room and sign the page for each participant.]*

### **Getting Started Losing Weight (page 17)**

Now let's move on to the next **part of this session: Getting Started Losing Weight.** Turn to page 17.

Before you start to make changes in your eating and activity behaviors, it is important for you to know what you are doing right now. The first step toward change is to be aware.

*[Review information on page 17. Include the following:]*

#### **Be aware of how much you weigh**

- It is important for you to get in the habit of weighing yourself at home. Regular self-weighing has been shown to be a very important behavior in weight management. Please weigh yourself at home at least once a week. Daily may be even better.
- Expect to see about a 1-2 pound weight loss per week. Of course, most people don't lose the same amount of weight each week. Many people lose weight faster at first and then the rate levels off. We won't pay as much attention to each weight but rather to the pattern over time.
- Always weigh yourself on the same scale because your weight can vary from one scale to another.
- And weigh yourself at the same time of day, because that can make a difference too.
- What time of day would be best for you?

If a participant doesn't have a scale and cannot afford to buy one, speak with him/her privately about the fact that self-weighing (outside of the program) is an important behavior for long-term weight management. Discuss options (at a friend's house, community center, gym) or make other provisions.

## **Be aware of what you eat and drink.**

The goal in GLB is to help you find and follow a healthy eating pattern that works for you.

Please be open-minded and willing to change. By using, experimenting with, and applying information you learn in GLB, you will learn to make healthier food choices and find ways to eat fewer calories.

Keep your eye on the prize of reducing your risk of heart disease, diabetes, and other health problems by losing weight, eating a healthier diet, and being more active.

To help you be aware of your food intake, you will keep track of everything you eat and drink every day. This is the **MOST IMPORTANT** part of changing your eating habits/behaviors. This is called “self-monitoring”. Research demonstrates that self-monitoring is a key behavior for weight management. This is something you’re going to do throughout the program to help you be successful in reaching and maintaining your goals.

The first step is to **record everything you eat and drink.**

*[Explain your program’s preferred option for self-monitoring and sharing of the weekly record.]*

You may choose to write down everything using a Food and Activity book or use a digital tracking option. *[Optional: Distribute the **Electronic Tools for Self-Monitoring** handout.]*

### **Keeping track of what you eat will help you and I see:**

- What foods you eat
- How much you eat
- When and where you eat, and
- How your eating habits change over time.

Your Food and Activity records will be the very basis for our working together. You and I will be the only ones to see them, so **spelling is NOT important.**

You can make up **abbreviations** or use your own shorthand if that makes it easier and faster for you to keep track, just so we both know what you mean.

*[Note: The use of abbreviations may also help those participants who have difficulty spelling feel less self-conscious.]*

### **What IS important is to:**

- **Be honest.** That means to record **what you really eat**, not just what you think will please me or yourself.

- Also, **be accurate**. It's best to record what you eat as soon as possible after you eat it, because it's easy to forget. For example, count the number of slices of cheese you eat and record the kind of cheese. Measure portions and read labels.
- And **be complete. Include everything**. The butter on the toast, the cream in the coffee, and the mayonnaise on the sandwich.

It may seem hard to record all of your foods, especially at first. And it does take some time. But it's worth its weight in gold.

**Being aware of what you are eating is the first step toward changing your eating habits/behaviors.**

Research shows that **people who self-monitor lose more weight than those who don't.**

**If using a Food and Activity book, distribute one to each participant.**

Ask participants to open the book and notice where they should record the day of the week and date at the top left side of the page. Explain that the Calorie Goal and Fat Gram goal should be left blank for the first week; the focus this week is on getting into the practice of writing things down. The section for Physical Activity does not need to be completed this week either.

Explain that the left and right side is to be used for 1 day. There is space to record 7 days in each book. Explain that they should record the time of day every time they eat. Then measure and write down what they eat and drink.

Encourage participants to record food and drinks while they are eating or as soon as possible afterward; this leads to much greater awareness and accuracy than trying to “think back”. Ask participants to draw an X through the pages for the first day and explain that they should start recording tomorrow morning and continue for the next 6 days. A new book is started on the morning of every group meeting, and they will turn in the old book for feedback.

Next, ask them to turn to the back page of the book and write their name and today's date next to “Start Date” on the bottom of the page. For this first week, the only information that needs to be recorded is weight. Draw a line through the “Day 1”. Participants will start recording tomorrow, Day 2. Indicate the weight column on the back, and ask participants to circle the day(s) on which they plan to weigh themselves. More information about self-monitoring will be provided next week.

**Distribute a second Food and Activity book to each participant.** Giving out two books initially will ensure that no days of recording are missed.

Because a new book is started on the morning of every group meeting, a second book is provided.

Ask participants to write their name and next week's date next to “Start Date” on the back of the second book.

## Practice Keeping Track (page 18)

**Let's practice self-monitoring.** Page 18 is a “**practice page.**”

The columns to record calories and fat grams should be left blank for this week. You also don't need to record physical activity. *[Some participants are already physically active. They may choose to record their minutes of activity.]*

Let's talk about **what you should record.**

Think about what you ate earlier today, and write down some of those foods and beverages.

- In the first column, write down the time you ate the meal or snack.
- In the second column, record the amount (as best you can remember). In the third column, write down the item's name and a description. For example, baked chicken breast or 2% milk. Skip the columns for calories and fat grams for now—we will be discussing that in more detail next week.

**Portion size is very, very important. Even a small difference in portion size can mean a big difference in calories.**

Starting this week, please measure everything you eat and drink, using measuring cups and spoons, a liquid measuring cup, and a ruler. *[Show measuring cups, measuring spoons, ruler, and food scale (optional).]*

A food scale that weighs in ounces may be helpful, but is not required. At the next session we'll go over measuring in more detail. Over time, you will become better and better at accurately estimating how much you are eating, and you'll only need to measure now and then. But for now, it's very important to measure everything.

Use a set of measuring cups for things like cereal, measuring spoons for things like salad dressing, and a liquid measuring cup for milk, juice, etc. If you have a food scale, it is used for weighing meats and cheese. The ruler is for measuring things like bagels, pizza, pieces of pie, and cookies. *[If participants don't have measuring cups and spoons, provide information on where to purchase inexpensive measuring tools.]*

Emphasize the importance of using them to learn portion sizes and portion control for foods they eat frequently at home.

**Participants should leave this session aware that:**

1. Their efforts to be honest and complete about their eating habits are more important than picture-perfect Food and Activity records, and
2. Self-monitoring a very important learning tool that everyone is expected to work on during the course of the program.

Participants should never be made to feel that they are unwelcome at group meetings because they did not self-monitor. They should never be asked to leave the program because they do not self-monitor.

**To Do (page 19)**

Each session ends with a list of activities for you to do during the coming week. They are designed to help you put into practice what you learned in the group meeting. This will help you build the skills you need to make positive changes in your eating and activity behaviors. It will not be collected and graded, but we will discuss it at our next group meeting. This process of learning, doing, and sharing your experience with the group is part of what helps you to succeed in Group Lifestyle Balance.

*[Review information on page 19. Include the following:]*

- Keep track of your weight.
  - Please let me know if you don't have a bathroom scale.
- Record everything you eat and drink every day.
  - Measure and record everything you eat and drink.
  - Do this every day, as soon as possible after you eat.
  - Keep your Food and Activity record with you during the day so you can record right away.
  - The goal for this week is for you to get used to self-monitoring and to become aware of your eating patterns.
- Start thinking about physical activity. Most participants choose walking but think about other activities you might like to do.
- Talk with your health care provider. It is important that s/he know that you will be making healthy lifestyle changes in your eating, activity, and weight. *[If your program requires health care provider approval to participate, explain your program's policy and procedures.]*
- Bring the completed Food and Activity record to next week's session. I will collect, review, and write comments. It will be returned to you the following week.

## Resources (pages 20-25)

Page 20 lists 3 additional resources to include in this session.

You have already used pages 21-22, **Weekly Record**. For easy access, you might want to keep this handout in the front of your notebook. You will use this to record your weight at each of our group meetings. For this first week, please record today's date and your weight, if you haven't done so already. You may leave the "activity minutes" and "steps" columns blank. We will discuss tracking physical activity in an upcoming session. However, if you track your minutes and steps, feel free to record it here.

Many people enjoy tracking their weight loss progress on a graph. A sample graph is on page 23. Pages 24-25 have a graph for you to use, if desired.

If time permits, show the group how to mark their starting weight and goal weight on the graph on page 24 and to draw a line between the two. Explain that the line shows what a perfectly steady and gradual weight loss might look like for them. Qualify this by saying something like:

- Of course, most people's weight varies from week to week, and yours will probably do that, too, sometimes above this line, sometimes below it. Many people lose weight faster at first and then the rate levels off. We won't pay as much attention to each weight but rather to the pattern over time.
- Stay under this line as much as possible and reach your 7% goal weight by about 4-6 months (weeks 16-20). Maintaining your weight loss will be very important which is why we will teach you not only how to lose weight, but also how to keep it off!

*[Thank the participants for attending. Announce the time and place for the next session. Ask them to bring their GLB notebook to each session.]*

After the session:

- Weigh participants who did not do so prior to the group meeting.
- Complete data forms and documentation required in your setting.
- Follow your program's protocol for managing absences.