

Weight-Wise Group Session #1 Checklist

Handouts	
	Welcome Weight-Wise
	My Goals & Caloric Needs Report
	Looking Inside Me
	DASH Eating Plan
	My To Do List
	Recipes: Salsa, Low-fat Ranch Dressing
	Food and Fitness Diary
	New Leaf Handouts: "Tip the Calorie Balance" and New Leaf section "A Healthy Weight"
Other Materials	
	Group Session Roster
	Check-In Question Cards
	Scale with "weights"
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Sample weight graph
	Incentive #1: Calorie Counter and Tote Bags (Optional)
	Wise Bucks (Optional)
	Participant Incentive Envelope (Optional)
	Participant Incentive Rewards System Card (Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #2 Checklist

Handouts	
	Some Examples of Physical Activity
	Listen to Your Heart
	Exercise Smart...Watch for Signs
	Ms. Jones Goes for a Walk
	Local Physical Activity Resources
	My Action Plan for the Week
	Pedometer Ranges
	Food and Fitness Diary
	New Leaf Module Handout "Getting Physically Active"; refer to other New Leaf sections on Physical Activity
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Watch/Clock for taking pulse
	Leslie Sansone "Walk Away the Pounds" videotape
	Incentive #2: Pedometers (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #3 Checklist

Handouts	
	Recipes for Taste It- Quick and Easy One Pot Soup
	Playing Your Cards Right
	Typical High Calorie Foods – Watch Out!
	Easy as 1-2-3
	New Leaf Module handout “Setting Goals” and “Keys to Success”
	My Action Plan for the Week
	Food and Fitness Diary
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Calculators
	Taste It Activity! Recipe Ingredients, sauté pan, measuring cup
	Reference cookbooks/calorie counters
	Exercise cards (Playing Your Cards Right activity)
	High calorie food examples (Playing Your Cards Right activity)
	Calorie counter
	Incentive #3: spice jars (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #4 Checklist

Handouts	
	Exercise Anytime
	It's Your Choice- lower calorie options
	My Action Plan for the Week
	Food and Fitness Diary
	New Leaf Handouts: "Strengthening Exercises: Stretch Band"; "Stretching and Flexibility Exercises"; "Chair Exercises for Strength and Flexibility"
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Stretch bands/towels
	Water bottle to demonstrate exercises while walking
	Xertubes
	Incentive #4: theraband (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #5 Checklist

Handouts	
	Serving Size Wallet Cards
	Little Changes Make a Big Difference
	Making Changes for a Healthier You
	What's On Your Plate?
	Quick and Easy Breakfast Ideas
	Building a Healthy Breakfast
	My Action Plan for the Week
	New Leaf Handouts: "Read the Label" and "How Much Can I Eat?"
	Recipe: Tutti Frutti Smoothie, Kashi muffins
	Food and Fitness Diary
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Calorie Counter Booklets
	Plates/Bowls, cooked rice, pasta, cereal (portion size discussion)
	Taste It Activity: Recipe Ingredients, cutting board, 3 small bowls, tongs, knife, napkins, plates
	Incentive #5: muffin in a bag; ruler (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #6 Checklist

Handouts	
	Not Enough Time?
	Color Your Day
	My Action Plan for the Week
	New Leaf Module Handout: "Good Food Choices"
	Food and Fitness Diary
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Do It Activity: drinking water for participants, floor mats, hand weights
	Incentive #6: cilantro and small metal bucket (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card(Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #7 Checklist

Handouts	
	Shopping Tips
	My Action Plan for the Week
	Meals in Minutes
	New Leaf Handout: "Eating Healthy on a Budget"
	Smart Shopper
	Recipe for a Healthy Lunch
	Salad Dressings & More Fact Sheet
	Food and Fitness Diary
	Dinner Wraps recipe
	Grilled Chicken Salad recipe
	Hearty Bean Salad recipe
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Taste It Activity: sandwich made with high fiber bread, low fat turkey, shredded vegetables; frozen bean and cheese burrito; low-fat Subway sandwich; Wendy's oriental chicken salad (portion and choices of dressings to fit calorie limit for meal); plates, spoons, forks, coupons if available; Nutrition Fact Sheets from Wendy's and Subway http://www.wendys.com/food/pdf/us/nutrition.pdf http://www.subway.com/applications/NutritionInfo/index.aspx
	Incentive #7: lunch bag and small container (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #8 Checklist

Handouts	
	Stressed Out?
	Keep Stress Away
	Relaxation Exercise
	My Action Plan for the Week
	Food and Fitness Diary
	New Leaf Handout: "How can I Deal with Stress?"
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Do It Activity: variety of exercise videos; basic yoga videotape; TV/VCR; drinking water for participants
	Incentive #8: stress balloons and lotion (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #9 Checklist

Handouts	
	Recipe Substitutions
	Recipe Makeovers
	My Family's Top 10 Favorite Meals
	New Leaf Module section "Healthy Eating Tip Sheets"
	My Action Plan for the Week
	Food and Fitness Diary
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Food and Utensils for Taste It!: Rice and beans packet with can of tomatoes (no salt added) and fresh spinach (sprinkle with 2% cheddar cheese); Macaroni and cheese box with frozen broccoli and/or green pea packet (note prepare mac-n-cheese with skim milk and 1/3 of the amount of butter on the box); Scrambled eggs (use 2 egg whites for every 1 whole egg) with sautéed onions, peppers, spinach and mushrooms
	Empty containers for display for Taste It!
	Calorie Counter Booklets
	Incentive #9: soup in a bag with a cup (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card(Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #10 Checklist

Handouts	
	Think Before You Eat
	Healthy Snacking
	Finding the Right Combination
	Scenarios 1-3
	New Leaf Module Handouts: "Eating & Physical Activity Habits" and "The Keys to Success"
	My Action Plan for the Week
	Food and Fitness Diary
	Participant Feedback Report
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	New Leaf Module Handouts: "Eating & Physical Activity Habits" and "The Keys to Success"
	Do It Activity: Drinking water for participants
	Incentive #10: water bottle (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #11 Checklist

Handouts	
	Copies of recipe(s) modification from Session 9.
	Healthy People Stick Together
	Eating Out the Healthy Way
	Let's Eat!
	May I Take Your Order?
	New Leaf Module Handouts: "Thoughts, Feelings, And Weight: Break the Cycle!"; " Negative Thoughts"; "The Keys to Success"; "Fast Food Facts"
	My Action Plan for the Week
	Food and Fitness Diary
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Food & Utensils for Taste It! (recipe modification from Session 9)
	Summer Cold Fruit Soup recipe: Optional recipe to handout to participants
	Wise-Bucks Prizes
	Incentive #11: exfoliant & loofah; Fast Food Guide (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Nametags
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #12 Checklist

Handouts	
	Family Support
	Sending the Right Message
	Helping Others Help You
	New Leaf Module Handouts: "Helping Others Make Healthy Choices" and "Helping Others Become More Active"
	My Action Plan for the Week
	Food and Fitness Diary
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Do It Activity: Drinking water for participants
	Nametags
	Incentive #12: quotes in a booklet from inspiration board (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #13 Checklist

Handouts	
	What is Ms. Jones Thinking?
	Think Again
	Practice, Practice, Practice (includes I Am Great tips at bottom of page)
	New Leaf Module Handouts: “ Thoughts, Feelings, And Weight: Break the Cycle” and “Negative Thoughts”
	My Action Plan for the Week
	Food and Fitness Diary
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Food & Utensils for Taste It!: 2-3 flavored low fat/fat free frozen desserts, sorbets, sherbets or yogurt; may have samples of ice cream for comparison to modified ice cream; samples of desserts presented and labels, cups, spoons, napkins, drinking water
	Nametags
	Incentive #13: candle (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #14 Checklist

Handouts	
	What's Your Secret
	Breaking Bad Habits
	My Five Rules
	New Leaf Handout: "Success Stories"
	My Action Plan for the Week
	Food and Fitness Diary
Other Materials	
	Group Session Roster
	<u>National Weight Control Registry for additional Resources</u> <u>http://www.nwcr.ws/</u>
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Do It Activity: Drinking water for participants
	Nametags
	Incentive #14: mug and tea (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #15 Checklist

Handouts	
	Ways to Stay Motivated
	Special Occasion Handouts
	New Leaf Handouts: "Getting Physically Active" section " Being More Active Tip Sheets Tips 1 – 12"
	My Action Plan for the Week
	Food and Fitness Diary
	Participant Feedback Report
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Food & Utensils for Taste It! Activity: Utensils, plates, and napkins; Beverages; Measuring utensils; Labels for foods/tent cards (title and preparer)
	Nametags
	Incentive #15: picture frame (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)
	Refreshments (drinks, cups, ice/cooler, food, napkins, plates, plastic utensils)

Weight-Wise Group Session #16 Checklist

Handouts	
	My Check List
	My Goals for maintenance(original worksheet and a blank worksheet)
	Weekly Reminders
	Weekly Maintenance Form
	New Leaf Handouts: "What is a Healthy Weight?"; "Success Stories"; "Setting Goals"; "The Keys to Success"
	Food and Fitness Diary
Other Materials	
	Group Session Roster
	Post-It easel pad (to write agenda, responses from group, and parking lot items)
	Marker for easel pad
	Pens/Pencils
	Potluck: drinks, cups, ice/cooler, food, napkins, plates, plastic utensils, labels for foods, measuring utensils
	Nametags
	Incentive #16: group picture (Optional)
	Wise Bucks (Optional)
	Participant Incentive Rewards System Card (Optional)