

## Weight-Wise Group Session #1 Checklist

<b>Handouts</b>	
	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"
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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"
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	Not Enough Time?
	Color Your Day
	My Action Plan for the Week
	New Leaf Module Handout: "Good Food Choices"
	Food and Fitness Diary
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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 <a href="http://www.wendys.com/food/pdf/us/nutrition.pdf">http://www.wendys.com/food/pdf/us/nutrition.pdf</a> <a href="http://www.subway.com/applications/NutritionInfo/index.aspx">http://www.subway.com/applications/NutritionInfo/index.aspx</a>
	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

<b>Handouts</b>	
	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?"
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	Group Session Roster
	<u><a href="http://www.nwcr.ws/">National Weight Control Registry for additional Resources</a></u> <u><a href="http://www.nwcr.ws/">http://www.nwcr.ws/</a></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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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

<b>Handouts</b>	
	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
<b>Other Materials</b>	
	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)