



Lifestyle Coach Training Guide

Shop and Cook to Prevent T2

Materials Checklist

You will need:


- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- Sale fliers from local grocery stores**
- “Make It Fast, Make It Good” video:**
https://www.youtube.com/watch?v=rB5TUlo2p_A
- “Budget-Stretching Healthy Meals” video:**
<https://www.youtube.com/watch?v=ixl3-kg59xU>
- Projector with Internet access to watch videos**

Things to Do

Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it in their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

Module Outline

Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and ReviewPage 6 10 Min
- ObjectivesPage 72 Min
- Healthy Food: A ReviewPage 7 8 Min
- How to Shop for Healthy FoodPage 9 15 Min
- How to Cook Healthy FoodPage 10 15 Min
- Plan for SuccessPage 135 Min
- Summary and ClosingPage 145 Min

