|  |  |  |
| --- | --- | --- |
|  | **Session Date** | **Session Tittle** |
| 1 |  | Introduction to the Program |
| 2 |  | Get Active to Prevent T2 |
| 3 |  | Track Your Activity |
| 4 |  | Eat Well to Prevent T2 |
| 5 |  | Track Your Food |
| 6 |  | Get More Active |
| 7 |  | Burn More Calories Than You Take In |
| 8 |  | Shop and Cook to Prevent T2 |
| 9 |  | Manage Stress |
| 10 |  | Find Time for Fitness |
| 11 |  | Cope with Triggers |
| 12 |  | Keep Your Heart Healthy |
| 13 |  | Take Charge of Your Thoughts |
| 14 |  | Get Support |
| 15 |  | Eat Well Away From Home |
| 16 |  | Stay Motivated to Prevent T2 |
| 17 |  |  |
| 18 |  | When Weight Loss Stalls |
| 19 |  | Take a Fitness Break |
| 20 |  |  |
| 21 |  | Stay Active to Prevent T2 |
| 22 |  | Stay Active Away from Home |
| 23 |  |  |
| 24 |  | More About T2 |
| 25 |  | More About Carbs |
| 26 |  |  |
| 27 |  | Have Healthy Food You Enjoy |
| 28 |  |  |
| 29 |  | Get Enough Sleep |
| 30 |  | Get Back on Track |
| 31 |  |  |
| 32 |  | Prevent T2--for Life! |

**Lifestyle Coach’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone Number(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Best Time to Call: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**