

Support Plans - Section One

Getting Started

Session 1

Exercise Plan

Walk 10 - 15 Minutes or Equivalent

Commitment

Read "*Getting Started*"

Read and complete "*Weight Loss Agreement*"

Mental Plan

Listen to CD 1 - Track 1 "*Let's Make an Agreement*"

Session 2

Exercise Plan

Walk 10 - 15 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Read "*The Importance of Food Journaling*"

Read "*Successful Food Journaling Keys*"

Mental Plan

Listen to CD 1 - Track 1 "*Let's Make an Agreement*"

Session 3

Exercise Plan

Walk 10 - 15 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Complete "*Food Journal - 1*"

Mental Plan

Read "*Emotional Eating*"

Look at "*Emotional Eating Diary*"

Listen to CD 1 - Track 1 "*Let's Make an Agreement*"

Session 4

Exercise Plan

Walk 10 - 15 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Complete "*Food Journal - 2*"

Mental Plan

Read "*Potential Pitfalls*"

Read "*Understanding Your Metabolism*"

Listen to CD 1 - Track 1 "*Let's Make an Agreement*"

Session 5

Exercise Plan

Walk 10 - 15 Minutes or Equivalent

Commitment

Read *"Weight Loss Agreement"*

Complete *"Food Journal - 3"*

Mental Plan

Read *"Mental & Written Exercises Instructions"*

Listen to CD 2 - Track 3 *"Mental Exercises"*

Complete *"Mental Exercise 1"*

Session 6

Exercise Plan

Walk 10 - 15 Minutes or Equivalent

Commitment

Read *"Weight Loss Agreement"*

Complete *"Food Journal - 4"*

Mental Plan

Complete *"Mental Exercise Analysis"*

Listen to CD 1 - Track 1 *"Let's Make an Agreement"*

Session 7

Exercise Plan

Walk 10 - 15 Minutes or Equivalent

Commitment

Read *"Weight Loss Agreement"*

Complete *"Food Journal - 5"*

Mental Plan

Read *"Wrap-Up"*

Listen to CD 1 - Track 1 *"Let's Make an Agreement"*

Support Plans - Section Two

Success Can Be Yours

My Goal for the week: _____

Session 1

Exercise Plan

Walk 15 - 20 Minutes or Equivalent, increasing pace from Section One.

Commitment

Read "*Weight Loss Agreement*"
Complete "*Food Journal - 6*"

Mental Plan

Read "*Success Can Be Yours*"
Listen to CD 1 - Track 1 "*Let's Make an Agreement*"

Session 2

Exercise Plan

Walk 15 - 20 Minutes or Equivalent, increasing pace from Section One.

Commitment

Read "*Weight Loss Agreement*"
Complete "*Food Journal - 7*"

Mental Plan

Read "*A Closer Look at Your Food Journal*"
Listen to CD 1 - Track 1 "*Let's Make an Agreement*"

Session 3

Exercise Plan

Walk 15 - 20 Minutes or Equivalent, increasing pace from Section One.

Commitment

Read "*Weight Loss Agreement*"
Review and re-write meals on "*Food Journal - 1*"

Mental Plan

Read "*A New Awareness*"
Listen to CD 1 - Track 1 "*Let's Make an Agreement*"

Session 4

Exercise Plan

Walk 15 - 20 Minutes or Equivalent, increasing pace from Section One.

Commitment

Read "*Weight Loss Agreement*"

Review and re-write meals on "*Food Journal - 2*"

Mental Plan

Read "*Guidelines for Success*"

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Session 5

Exercise Plan

Walk 15 - 20 Minutes of Equivalent, increasing pace from Section One.

Commitment

Read "*Weight Loss Agreement*"

Review and re-write meals on "*Food Journal - 3*"

Mental Plan

Complete "*Rewards for Releasing Weight*"

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Session 6

Exercise Plan

Walk 10 - 15 Minutes or Equivalent, increasing pace from Section One.

Commitment

Read "*Weight Loss Agreement*"

Review and re-write meals on "*Food Journal - 4*"

Mental Plan

Complete "*My Rewards*"

Listen to CD 2 - Track 3 "*Mental Exercises*"

Complete "*Mental Exercise 2*"

Session 7

Exercise Plan

Walk 15 - 20 Minutes or Equivalent, increasing pace from Section One.

Commitment

Read "*Weight Loss Agreement*"

Review and re-write meals on "*Food Journal - 5*"

Mental Plan

Read "*Wrap-Up*"

Listen to CD 1 - Track 1 "*Let's Make an Agreement*"

Support Plans - Section Three

Self Evaluation

My Goal for the week: _____

Session 1 **Exercise Plan**
Walk 20 Minutes or Equivalent, increasing pace from Section Two
Commitment
Read "*Weight Loss Agreement*"
Review and re-write meals on "*Food Journal - 6*"
Mental Plan
Read "*Self Evaluation*"
Complete "*Attitudes About Weight*"
Listen to CD I - Track 2 "*Imaging Positive Results*"

Session 2 **Exercise Plan**
Walk 20 Minutes or Equivalent, increasing pace from Section Two
Commitment
Read "*Weight Loss Agreement*"
Review and re-write meals on "*Food Journal - 7*"
Mental Plan
Listen to CD II - Track 3 "*Mental Exercises*"
Complete "*Mental Exercise 3*"

Daily: Resume recording your food intake, degree of hunger and emotions on a "Food Journal"

Session 3 **Exercise Plan**
Walk 20 Minutes or Equivalent, increasing pace from Section Two
Commitment
Read "*Weight Loss Agreement*"
Mental Plan
Complete "*Food Responsiveness - 1*"
Listen to CD I - Track 2 "*Imaging Positive Results*"

Session 4 **Exercise Plan**
Walk 20 Minutes or Equivalent, increasing pace from Section Two
Commitment
Read "*Weight Loss Agreement*"
Mental Plan
Complete "*Eating Patterns*"
Listen to CD I - Track 2 "*Imaging Positive Results*"

Session 5

Exercise Plan

Walk 20 Minutes of Equivalent, increasing pace from Section Two

Commitment

Read "*Weight Loss Agreement*"

Mental Plan

Complete "*Self Perception*"

Listen to CD I - Track 2 "*Imaging Positive Results*"

Session 6

Exercise Plan

Walk 20 Minutes or Equivalent, increasing pace from Section Two

Commitment

Read "*Weight Loss Agreement*"

Mental Plan

Complete "*Self Talk*"

Listen to CD I - Track 1 "*Let's Make an Agreement*"

Session 7

Exercise Plan

Walk 20 Minutes or Equivalent, increasing pace from Section Two

Commitment

Read "*Weight Loss Agreement*"

Daily Mental Plan

Read "*Wrap-Up*"

Listen to CD I - Track 2 "*Imaging Positive Results*"

Support Plans - Section Four

Taking Action

My Goal for the week: _____

Session 1

Exercise Plan

Walk 20 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Daily Mental Plan

Read "*Taking Action*"

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Session 2

Exercise Plan

Walk 20 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Mental Plan

Read "*Your Emotions and Your Health*"

Listen to CD 2 - Track 3 "*Mental Exercises*"

Complete "*Mental Exercise 4*"

Session 3

Exercise Plan

Walk 20 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Mental Plan

Read and complete "*Suppressed Anger*"

Listen to CD 1 - Track 3 "*Set Yourself Free*"

Session 4

Exercise Plan

Walk 20 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Mental Plan

Read and complete "*Affirmations*"

Read and complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Session 5

Exercise Plan

Walk 20 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Listen to CD 2 - Track 3 "*Mental Exercises*"

Complete "*Mental Exercise 5*"

Session 6

Exercise Plan

Walk 20 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Session 7

Exercise Plan

Walk 20 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read "*Wrap-Up*"

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Support Plans - Section Five

Releasing Past Programs

My Goal for the week: _____

Session 1 **Exercise Plan**

Walk 25 - 30 Minutes or Equivalent

Commitment

Read "*Releasing Past Programs*"

Read "*Affirmations List*"

Complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Session 2 **Exercise Plan**

Walk 25 - 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read "*Your Inner Child*"

Read "*Meeting Your Inner Child*" and make contact with her

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Session 3 **Exercise Plan**

Walk 25 - 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Listen to CD 2 - Track 3 "*Mental Exercises*"

Complete "*Mental Exercise 6*"

Listen to CD I - Track 2 "*Imaging Positive Results*"

Session 4

Exercise Plan

Walk 25 - 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read and complete "*Exposing Deeper Needs and Excuses for Overeating*"

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Session 5

Exercise Plan

Walk 25 - 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read "*Conditioned Responses*"

Complete "*Exposing Conditioned Responses*"

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Session 6

Exercise Plan

Walk 25 - 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Listen to CD 2 - Track 3 "*Mental Exercises*"

Complete "*Mental Exercise 7*"

Complete "*Excuses for Being Overweight*"

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Session 7

Exercise Plan

Walk 25 - 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Complete "*Affirmation Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Complete "*Payoffs For Being Overweight*"

Read and complete "*Wrap-Up*"

Listen to CD 1 - Track 2 "*Imaging Positive Results*"

Support Plans - Section 6

Self Reflections-Self Love

My Goal for the week: _____

Session 1

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read "*Self-Reflections & Self-Love*"

Read and complete "*Self Talk Revisited*"

Listen to CD 1 - Track 3 "*Set Yourself Free*"

Session 2

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Complete "*Affirmations Response Exercise*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read and complete "*Hate = Weight*"

Listen to CD 1 - Track 3 "*Set Yourself Free*"

Session 3

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Complete "*Affirmations Response Exercise*" if necessary

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Complete "*Heavy Thoughts and Weight*"

Listen to CD 1 - Track 4 "*Adventure in Self Love*"

Session 4

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Complete "*Affirmations Response Exercise*" if necessary

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read and complete "*Love and Acceptance*"

Complete "*To Love and Be Loved*"

Listen to CD 1- Track 4 "*Adventure in Self Love*"

Session 5

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Complete "*I Am Special*"

Complete "*Success List*"

Listen to CD 1 - Track 4 "*Adventure in Self Love*"

Session 6

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Listen to CD 2 - Track 3 "*Mental Exercises*"

Complete "*Mental Exercise 8*"

Listen to CD 1 - Track 4 "*Adventure in Self Love*"

Session 7

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Look in a mirror and repeat your affirmation

Repeat your affirmation many times during the day

Mental Plan

Complete "*Self Drawing - Part I*"

Read "*Wrap-Up*"

Listen to CD I - Track 3 "*Set Yourself Free*"

Support Plans - Section Seven

Looking Forward - The New You

My Goal for the week: _____

Session 1

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read "*Looking Forward, The New You*"

Complete "*Soul Searching*"

Listen to CD 2 - Track 1 "*The New You*"

Session 2

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Complete "*The Unique Me*"

Listen to CD 1 - Track 4 "*Adventure in Self Love*"

Session 3

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Complete "*Who Am I*"

Listen to CD 2 - Track 1 "*The New You*"

Session 4

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Daily Mental Plan

Complete "*Self Drawing - Part 2*"

Listen to CD 2 - Track 1 "*The New You*"

Session 5

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Complete "*The New You*"

Listen to CD 2 - Track 1 "*The New You*"

Session 6

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Listen to CD 2 - Track 3 "*Mental Exercises*"

Complete "*Mental Exercise 9*"

Listen to CD 2 - Track 1 "*The New You*"

Session 7

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read "*Wrap-Up*"

Listen to CD 1 - Track 3 "*Set Yourself Free*"

Support Plans - Section 8

Forever Slim

My Goal for the week: _____

Session 1

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read "*Forever Slim*"

Complete "*Food Responsiveness - 2*"

Listen to CD 2 - Track 1 "*The New You*"

Session 2

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read "*Guidelines for Success Revisited*"

Listen to CD 2 - Track 2 "*Eliminating Stress*"

Session 3

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Complete "*Recognizing Stress*"

Listen to CD 2 - Track 1 "*The New You*"

Session 4

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Affirmations List*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read "*Maintenance Tips*"

Listen to CD 2 - Track 1 "*The New You*"

Session 5

Exercise Plan

Walk 30 Minutes or Equivalent

Commitment

Read "*Weight Loss Agreement*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Read "*Wrap-Up*"

Listen to CD 2 - Track 1 "*The New You*"

Session 6

Exercise Plan

Walk 30 Minutes or Equivalent, increasing pace from Section 7

Commitment

Read "*Affirmations List*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Listen to CD 2 - Track 1 "*The New You*"

Session 7

Exercise Plan

Walk 30 Minutes or Equivalent,

Commitment

Read "*Affirmations List*"

Look in a mirror and repeat your personal affirmation

Repeat your affirmation many times during the day

Mental Plan

Listen to CD I - Track 3 "*Set Yourself Free*"