

14-Day BOOST App Outline

Day 1

Kicking off Your Program

Nutrition Guidance:

Dehydration Explanation

.pdf Dehydration Chart

Day 2

Self-Care Tip: Journal Benefits

Nutrition Guidance:

.pdf Your Plan Explanation

.pdf merged file of Journal Pages

-Measurement Video

-Request they turn in their #'s to the Food Coach

Day 3

Self-Care Tip: Meditate Suggestion

Nutrition Guidance:

Lesson on cells

.pdf Guys & Gals Meal Snack Idea Charts

Day 4

Self-Care Tip: Break a sweat each day

Nutrition Guidance:

.pdf Guys & Gals Pack & Go Charts

-Provide Body Comp. info back to participant

Day 5

Self-Care Tip: 12 Tips #1 Set SMART Goals

Nutrition Guidance:

.pdf Meal Replacement Bar suggestions

Day 6

Self-Care Tip: Good Habits Image

Nutrition Guidance:

Lesson on the importance of focusing on the type of weight you're losing.

.pdf Body Composition Report

Day 8

Self-Care Tip: Image that you're amazing

Nutrition Guidance:

Lesson on modifying recipes

.pdf Recipe Modifications

Day 9

Self-Care Tip: 12 Tips #4 Plan & Prepare Meals Ahead

Nutrition Guidance:

-Video on being consistent

Day 10

Self-Care Tip: Lesson on balancing habits with

.pdf with Tips

Nutrition Guidance:

Lesson is a challenge to only consume starchy carbs 1 meal per day

.pdf Squishy vs Rough carbs

Day 11

Self-Care Tip: Before getting out of bed run through your day. Practice behavior.

Nutrition Guidance:

Lesson on what happens when you overcome portions

.pdf Over-consumption Explanation

Day 12

Self-Care Tip: Move!

Nutrition Guidance:

Lesson on Understanding Food Label Claims

.pdf of Food Labels Explanation

Day 13

Self-Care Tip: Image The Body hears everything. Stay positive.

Nutrition Guidance: Healthy Swap

Image of Greek Yogurt in place of Sour Cream

Day 14

Self-Care Tip: Image Never Give Up

Nutrition Guidance: Pointing out all the accomplishments

-Measurement Video

-Request they turn in their #'s to the Food Coach

-Provide Body Comp. info back to participant

Day 15 (Final Day)

Self-Care Tip: Mention of what's possible for next steps with customization

Nutrition Guidance:

Image New Beginning

.pdf with Program Options

-if not done yet, provide Body Comp. info back to participant