

**SECTION THREE:** Registration Handouts for Week 1

# WEIGHT LOSS CHALLENGE FOOD/DRINK LOG

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Amount of water (in ml) drank							
Amount (in grams) of protein eaten							
Number of calories consumed							
Amount of exercise (in minutes)–include type							

Food/Drink Log:  
Write down everything  
you eat and drink.

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# WELCOME

We are pleased that you have accepted our invitation to join us for the Weight Loss Challenge, and we trust that the benefits of your participation will meet your expectations. We are excited that you have decided to make a positive change in your life. This is a 12-week programme, and your attendance at the weekly meetings is key to you learning important facts about proper nutrition and weight management.

As part of our commitment to helping you lose those unwanted kilograms and centimetres, you will each be assigned a personal coach who will monitor and guide you toward your goal. Your coach will be in touch with you prior to our next meeting in order for you to get acquainted and answer any questions you may have.

We encourage you to get involved and join in our group discussions. Some of the various topics we will be discussing in the upcoming weeks are:

- Protein intake
- Calorie intake
- Digestive health
- Making sense of carbohydrates
- The importance of hydration
- Understanding fats
- Eating out
- Exercise
- Heart health

For optimal results, we highly recommend you keep in regular contact with your coach throughout the Weight Loss Challenge.

## REFERENCES

Many of the facts that will be talked about are referenced in the following books, DVDs and websites:

### BOOKS

- *Keep It Simple*, Author: Luigi Gratton, M.P.H.
- *The L.A. Shape Diet*, Author: David Heber, Ph.D.
- *What Colour Is Your Diet?*, Authors: David Heber, Ph.D., and Susan Bowerman, M.S., R.D., C.S.S.D.
- *NO More Heart Disease*, Author: Lou Ignarro, Ph.D.

### DVDS

- *Personalised Nutrition Solutions* – An overview of Herbalife’s weight-management programme and nutritional products. This DVD may be borrowed from your coach.

### WEBSITES

- [www.herbalife.com/za](http://www.herbalife.com/za) – This website is a great resource where you can learn more about Herbalife® weight-management, as well as targeted nutrition, sports, energy & fitness and personal care | outer nutrition products.