

## **Section 5: Lifestyle Coach Resources**

Lifestyle Balance Update: Contacts after Core

Group Session Update Log After Core

Participant Tracker

Mail-In Monday Card Lifestyle Balance

How Am I Doing? Weight Graph

How Am I Doing? Activity Graph

a. Activity Graph for 300 minutes/week

b. Activity Graph for 500 minutes/week

Monthly Activity Calendar

Keeping Track Booklet

Fat Counter Booklet