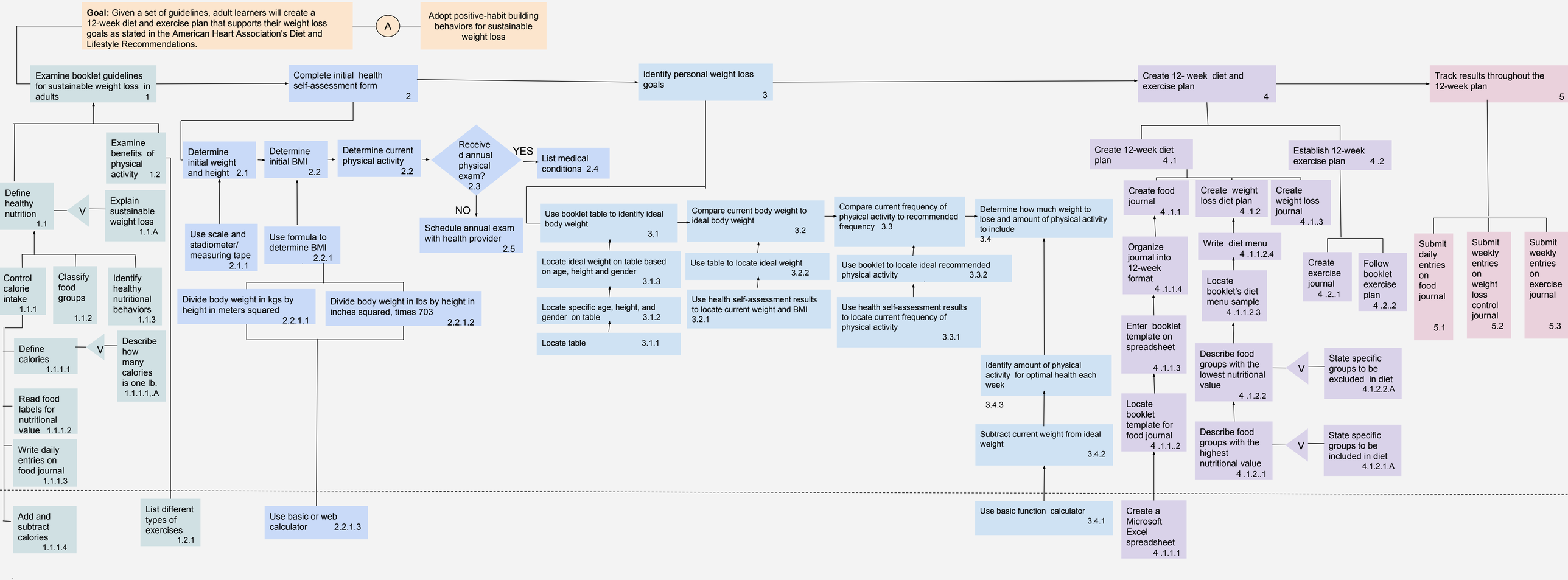
Goal: Given a set of guidelines, adult learners will create a 12-week diet and exercise plan that supports their weight loss goals as stated in the American Heart Association's Diet and Lifestyle Recommendations.
A
Adopt positive-habit building behaviors for sustainable weight loss
Examine booklet guidelines for sustainable weight loss in adults 1
Complete initial health self-assessment form 2
Identify personal weight loss goals 3
Create 12- week diet and exercise plan 4
Track results throughout the 12-week plan 5
Examine benefits of physical activity 1.2
Define healthy nutrition 1.1
V
Explain sustainable weight loss 1.1.A
Control calorie intake 1.1.1
Classify food groups 1.1.2
Identify healthy nutritional behaviors 1.1.3
Define calories 1.1.1.1
V
Describe how many calories is one lb. 1.1.1.1,.A
Read food labels for nutritional value 1.1.1.2
Write daily entries on food journal 1.1.1.3
Add and subtract calories 1.1.1.4
List different types of exercises 1.2.1
Determine initial weight and height 2.1
Use scale and stadiometer/ measuring tape 2.1.1
Determine initial BMI 2.2
Use formula to determine BMI 2.2.1
Divide body weight in kgs by height in meters squared 2.2.1.1
Divide body weight in lbs by height in inches squared, times 703 2.2.1.2
Use basic or web calculator 2.2.1.3
Determine current physical activity 2.2
Received annual physical exam? 2.3
YES
List medical conditions 2.4
NO
Schedule annual exam with health provider 2.5
Use booklet table to identify ideal body weight 3.1
Locate ideal weight on table based on age, height and gender 3.1.3
Locate specific age, height, and gender on table 3.1.2
Locate table 3.1.1
Compare current body weight to ideal body weight 3.2
Use table to locate ideal weight 3.2.2
Use health self-assessment results to locate current weight and BMI 3.2.1
Compare current frequency of physical activity to recommended frequency 3.3
Use booklet to locate ideal recommended physical activity 3.3.2
Use health self-assessment results to locate current frequency of physical activity 3.3.1
Determine how much weight to lose and amount of physical activity to include 3.4
Identify amount of physical activity for optimal health each week 3.4.3
Subtract current weight from ideal weight 3.4.2
Use basic function calculator 3.4.1
Create 12-week diet plan 4 .1
Establish 12-week exercise plan 4 .2
Create food journal 4 .1.1
Create weight loss diet plan 4 .1.2
Create weight loss journal 4 .1..3
Organize journal into 12-week format 4 .1.1.4
Enter booklet template on spreadsheet 4 .1.1.3
Locate booklet template for food journal 4 .1.1..2
Create a Microsoft Excel spreadsheet 4 .1.1.1
Write diet menu 4 .1.1.2.4
Locate booklet's diet menu sample 4 .1.1.2.3
Describe food groups with the lowest nutritional value 4 .1.2.2
V
State specific groups to be excluded in diet 4.1.2.2.A
Describe food groups with the highest nutritional value 4 .1.2..1
V
State specific groups to be included in diet 4.1.2.1.A
Create exercise journal 4 .2..1
Follow booklet exercise plan 4 .2..2
Submit daily entries on food journal 5.1
Submit weekly entries on weight loss control journal 5.2
Submit weekly entries on exercise journal 5.3