



WellSpan Medical Weight Management **Intensive Phase Visit Schedule**

VISIT 1- Vision & Motivation

VISIT 2- Meal Planning & Label Reading

VISIT 3- Physical Activity Guidelines

VISIT 4- Predict & Prepare For Challenges

VISIT 5- Meal Planning Strategies

VISIT 6- Strength Training Guidelines

VISIT 7- Added Sugar & Glycemic Load

VISIT 8- Healthy Sleep Guidelines

VISIT 9- Whole Grain Types & Sources

VISIT 10- Fruits, Vegetables & Fiber

VISIT 11- Stress & Effects On Weight

VISIT 12- Self-Compassion

VISIT 13- Dining Out Strategies

VISIT 14- Mindful Eating



WellSpan Medical Weight Management Transition Visit Schedule

Visit 1	Module 1	<u>Vision & Motivation</u>
Visit 2	Module 2	<u>Meal Planning & Label Reading</u>
Visit 3	Module 3	<u>Physical Activity Guidelines</u>
Visit 4	Module 4	<u>Predict & Prepare For Challenges</u>
Visit 5	Module 5/6	<u>Meal Planning Strategies</u>
Visit 6	Module 7/8	<u>Strength Training Guidelines</u>
Visit 7	Module 9/10	<u>Added Sugar & Glycemic Load</u>
Visit 8	Module 11/12	<u>Healthy Sleep Guidelines</u>
Visit 9	Module 13/14	<u>Whole Grain Types & Sources</u>
Visit 10	Module 15/16	<u>Fruits, Vegetables & Fiber</u>
Visit 11	Module 17/18	<u>Stress Effects On Weight</u>
Visit 12	Module 19/20	<u>Self-Compassion</u>
Visit 13	Module 21/22	<u>Dining Out Strategies</u>
Visit 14	Module 23/24	<u>Mindful Eating</u>