



FINALLY
Thin
FOREVER
PROGRAM

Syllabus

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In our "Finally Thin Forever" Intro Session, we'll:

- Dive deep into your personal history, previous experience with weight loss and movement, pattern of cycling (yo-yoing), health-destroying behaviors, and beliefs about your ability to be at your ideal weight forever.
- Explore your family and social history. Understand how life has gone for members of your family and other members of your community.
- Consider your environment and how it affects your ability to lose weight and keep it off.
- Clarify your perceptions about how your future may go, if you continue the path you've traveled until now.
- Evaluate whether you can and will be a good candidate for this program.

Contingent on acceptance into the program, you'll:

- Agree to be coachable.
- Agree on standards of presence, and actions you will take that can support your sustained weight loss.
- Arrange payment
- Schedule your Session 1
- Learn a key underpinning of the program, and commit to use it to meet your goal forever.
- Homework
 - ❖ One to three word description or brand moniker
 - ❖ Free writing assignments
 - lifestyle in weight maintenance.
 - Ideal you as YOU define him or her.
 - Describe your passions, the things you love, and things you've always wanted to do.

SESSION 1

Turn in and review homework, eating and activity habits. Discuss your experience, successes, failures, breakthroughs, and what you've learned to date. Celebrate progress!

Learn a key underpinning of the program, and discuss how you will apply it in your life to meet your goal forever.

Review BMI and BMR. Discuss how we can use publicly available data to your benefit.

Agree on weight loss and maintenance models. Document eating plan and activity plan.

Schedule your Session 2.

Homework:

- ❖ Explore the reasons why all this is worthwhile to you. Define your core values.
- ❖ Revise your lifestyle in weight maintenance.
- ❖ Revise your ideal you as YOU define her.
- ❖ Begin to eat according to agreed eating plan.
- ❖ Begin to move according to agreed activity plan.



SESSION 2

- ❖ Turn in and review all homework. Discuss your experience, successes, failures, breakthroughs, and what you've learned to date. Celebrate progress!
- ❖ Learn a key underpinning of the program, and discuss how you will apply it in your life to meet your goal forever.
- ❖ Deep dive on your commitments to actions you have taken that keep you fat. Agree on weight loss and maintenance models. Document eating plan and activity plan.
- ❖ Align dietary and movement changes based on past week's results.
- ❖ Schedule your Session 3.
- ❖ Homework:
 - Document triggers, self-defeating actions, and disempowering beliefs.
 - Define the perfect life you love.
 - Revise core values, if appropriate.
 - Revise lifestyle in weight maintenance, if appropriate.
 - Eat according to modified eating plan.
 - Move according to modified activity plan.
 - Daily weigh-in.

SESSION 3

Turn in and review all homework. Discuss your experience, successes, failures, breakthroughs, and what you've learned to date. Celebrate progress!

Align dietary and movement changes based on past week's results.

Explore your social environment. Assess its impact on your ability to sustain healthy lifestyle and weight.

Schedule your Session 4.

Homework:

- ❖ Perform a deep dive of your social environment and see its alignment with your core values.
- ❖ Refine the perfect life you love, if appropriate.
- ❖ Revise core values, if appropriate.
- ❖ Revise lifestyle in weight maintenance, if appropriate.
- ❖ Eat according to modified eating plan.
- ❖ Move according to modified activity plan.
- ❖ Daily weigh-in.



SESSION 4

- Turn in and review all homework. Discuss your experience, successes, failures, breakthroughs, and what you've learned to date. Celebrate progress!
- Align dietary and movement changes based on past week's results.
- Explore your physical environment. Assess its impact on your ability to sustain healthy lifestyle and weight.
- Schedule your Session 5.
- Homework:
 - ❖ Define your perfect lifestyle in weight loss.
 - ❖ Update social environment alignment with core values, if appropriate.
 - ❖ Revise definition of the perfect life you love, if appropriate.
 - ❖ Revise lifestyle in weight maintenance, if appropriate.
 - ❖ Eat according to modified eating plan.
 - ❖ Move according to modified activity plan.
 - Daily weigh-in.





SESSION 5

- Turn in and review all homework. Discuss your experience, successes, failures, breakthroughs, and what you've learned to date. Celebrate progress!
- Align dietary and movement changes based on past week's results.
- Review your social and physical environments. Align changes that may be helpful.
- Schedule your Session 6.
- Homework:
 - ❖ Perform a deep dive of your physical environment(s), and find opportunities to change environment and triggered behaviors according to your core values, lifestyle, weight loss and maintenance plans.
 - ❖ Eat according to modified eating plan and Move according to modified activity plan.
 - ❖ Daily weigh-in.
 - ❖ Update social environment alignment with core values.
 - ❖ Revise your perfect lifestyle in weight loss, if appropriate.
 - ❖ Refine the perfect life you love, if appropriate.
 - ❖ Revise lifestyle in weight maintenance, if appropriate.

SESSION 6

- Turn in and review all homework. Discuss your experience, successes, failures, breakthroughs, and what you've learned to date. Celebrate success!
- Align dietary and movement changes based on past week's results.
- Deep dive on triggers, self-defeating behaviors, disempowering beliefs.
- Schedule your Session 7.
- Homework:
 - ❖ Expand your social environment to include more support for the perfect life you love. Update social environment alignment with core values.
 - ❖ Eat according to modified eating plan and Move according to modified activity plan.
 - ❖ Daily weigh-in.
 - ❖ Refine physical environment, if appropriate.
 - ❖ Revise your lifestyle in weight loss, if appropriate.
 - ❖ Refine the perfect life you love, if appropriate.
 - ❖ Revise lifestyle in weight maintenance, if appropriate.



SESSION 7

- Turn in and review all homework. Discuss your experience, successes, failures, breakthroughs, and what you've learned to date. Celebrate progress!
- Align dietary and movement changes based on past week's results.
- Review your daily activities, weekly, monthly, quarterly, and annual cycles. Align changes that may be helpful.
- Review and celebrate progress to date. Set plan for remaining 2 weeks.
- Schedule your Session 8.
- Homework:
 - ❖ Define your personal mission. What are you up to in life that you are willing to work this hard?
 - ❖ Eat according to modified eating plan.
 - ❖ Move according to modified activity plan.
 - ❖ Daily weigh-in.
 - ❖ Refine physical environment, if appropriate.
 - ❖ Modify social environment alignment with core values, if appropriate.
 - ❖ Revise your lifestyle in weight loss, if appropriate.
 - ❖ Refine the perfect life you love, if appropriate.
 - ❖ Revise lifestyle in weight maintenance, if appropriate.

SESSION 8

● Turn in and review all homework. Discuss your experience, successes, failures, breakthroughs, and what you've learned to date. Celebrate progress!

● Align dietary and movement changes based on past week's results.

● Review and assess progress to date. Set plan for remaining week.

● Schedule your Session 9.

● Homework:

- ❖ TBD by agreement
- ❖ Modify your personal mission. What are you up to in life that you are working this hard?
- ❖ Eat according to modified eating plan and Move according to modified activity plan.
- ❖ Daily weigh-in.
- ❖ Refine physical environment, if appropriate.
- ❖ Modify social environment alignment with core values, if appropriate.
- ❖ Revise your lifestyle in weight loss, if appropriate.
- ❖ Refine the perfect life you love, if appropriate.
- ❖ Revise lifestyle in weight maintenance, if appropriate.

