

MY LIFESTYLE CHANGES

Participant Name:

Participant Address:

Participant Physician:

Sponsoring Org./Instructor:

Class Location:

Session	Title	Weight Loss Progress	Weekly Physical Activity (minutes)
1	Welcome to the DPP
2	Fat Detective
3	How to Eat Less Fat
4	Healthy Eating
5	Move Those Muscles
6	Being Active
7	Calories
8	Taking Charge
9	Problem Solving
10	Eating Out
11	Negative Thoughts
12	Lifestyle Change
13	Jump Start Activity
14	Social Cues
15	Managing Stress
16	Motivation



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 PARTICIPANT SIGNATURE

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 INSTRUCTOR SIGNATURE