

Be Fit For Life

Easy Weight Loss

Client _____

Session #1 (1½ Hours) - Healthy Eating

Date _____

Weight _____

- ___ Fill out Weight Loss Intake Form
- ___ Take "Before" picture
- ___ Weigh In
- ___ Food Plan Handout
- ___ Questionnaire #1 - What to discuss with client
- ___ Program Workbook
- ___ Hypnosis Session
- ___ CD Program - Explain the Contents
 - 6 Self-Hypnosis CDs
 - Quick Tips CD #1
 - Exercise CD
 - Be Fit for Life Booklet

Session #2 (1 Hour) - Healthy Eating (Again)

Date _____

Weight _____

- ___ Weigh In
- ___ Discuss Progress
- ___ Questionnaire #2
- ___ What to discuss with client
- ___ Hypnosis Session
- ___ Quick Tips CD #2

Session #3 (1½ Hours) - Ideal Body Image

Date _____

Weight _____

- ___ Weigh In
- ___ Discuss Progress
- ___ Questionnaire #3
- ___ What to discuss with client
- ___ Hypnosis Session
- ___ DVD Session (Slim Vision)
- ___ Quick Tips CD #3



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Session #4 (1 Hour) - Courage To Let Go

Date_____

Weight_____

- ___ Weigh In
- ___ Discuss Progress
- ___ Questionnaire #4
- ___ What to discuss with client
- ___ Hypnosis Session
- ___ Quick Tips CD #4

Session #5 (1½ Hours) - Increase Metabolism

Date_____

Weight_____

- ___ Weigh In
- ___ Discuss Progress
- ___ Questionnaire #5
- ___ What to discuss with client
- ___ Hypnosis Session
- ___ DVD Session (Slim Vision)
- ___ Quick Tips CD #5

Session #6 (1 Hour) - Get Fit Mentally

Date_____

Weight_____

- ___ Weigh In
- ___ Discuss Progress
- ___ Questionnaire #6
- ___ What to discuss with client
- ___ Hypnosis Session
- ___ Quick Tips CD #6

Session #7 (1½ Hours) - Be Your Best

Date_____

Weight_____

- ___ Weigh In
- ___ Discuss Progress
- ___ Questionnaire #7
- ___ What to discuss with client
- ___ Hypnosis Session
- ___ DVD Session (Slim Vision)
- ___ Quick Tips CD #7 & #8
- ___ Take "After" Picture

