

Weight Loss Program

Participant Guidelines



During this program, you will focus on the following:

1. Lose at least 5% of your current weight.

- Your current weight is _____.
- To lose 5% of your weight, you must lose _____ lbs.
- This gives you a goal weight of _____ lbs.

A 10% weight loss is associated with greater health benefits, so you can adjust your weight loss goal with your Coach once you achieve the first 5% weight loss.

- To lose 10% of your weight, you must lose _____ lbs.

2. Achieve a calorie goal that will help you lose 5-10% of your current weight.

- Based on your current weight, using the table below, your recommended Calorie Goal is:

_____ .

Current Weight (lbs)	Weight Loss (kcal/day)
≤ 170	1200
> 170 and ≤ 220	1500
> 220 and ≤ 270	1800
> 270	2200

3. Exercise \geq 180 minutes of moderate to vigorous physical activity (MVPA) each week.

Note: This is aerobic activity (like brisk walking, bicycling at a regular pace, etc.) that occurs in 10 minute or longer bouts, for 30 minutes or more, on most days of the week.

4. Track.

- Your daily food and beverage intake using the **MyFitnessPal** feature in the **FX Well App** and your daily exercise minutes using the **UA Record** feature also in the **FX Well App**.
- Weight, at least weekly, on the **FX Well App**.
 - Same day, same time, same clothing, etc.

5. Participate in scheduled sessions with COIN coach.

- One Coach session per week (~30-40 minutes) for 3 months. One Coach session per month for months 4-6.
 - 15 total sessions - 3 in person with Coach (Today, 3 Month Assessment, 6 Month Assessment) and 12 by videoconferencing or phone.

6. Complete Learning Materials prior to your visit with your Coach. They can be found in the **FxWell App**.