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| **App Habit** | **App**  **Week Number** | **Healthy Balance Bi-weekly Session Number** | **Healthy Balance Session Topic** | **In-class/Homework activities** |
| NA | NA | 1 | Diet: Welcome, Introduction and Getting started |  |
| NA | NA | 2 | Building Support |  |
| NA | NA | 3 | Getting Active |  |
| NA | NA | 4 | Making Changes & Eating Style |  |
| NA | NA | 5 | Personal Responsibility |  |
| NA | NA | 6 | Healthy Eating (Knowing Nutrients?) |  |
| NA | NA | 7 | Move it & Lose it and Physical cues |  |
| Positive Daily Action | 1  2 | 8 | Eating Out & Meal Planning | What new healthy items will you try this week?  What’s you new healthy food item(s)?  What does your healthy plate look like? |
| Positive Daily Action | 3  4 | 9 | Stress Management & Living to Thrive (Transitions?) |  |
| Eat Slower | 5  6 | 10 | Managing cues & Mindful eating | Observe & Identify personal eating cues and triggers for environmental eating:  Potlucks, Work, Home, Kitchen purge, travel |
| Eat Protein Early & Often | 7  8 | 11 | Move it & Lose it and Planning a workout | *Jacqui suggests adding team activity here* |
| Plan Healthier Meals | 9  10 | 12 | Shopping & Food Labeling |  |
| Plan Healthier Meals | 11  12 | 13 | Taking Charge of your attitude & body image |  |
| Reflect and Move Forward | 13  14 | 14 | Body image: Present boards |  |