



DIETER HANDOUT CHECKLIST

After the initial consultation, ensure your dieter leaves with the following:

LITERATURE and PREPARATION

- ☐ Your Last Diet – The Knowledge to Keep The Kilos Off Forever
- ☐ Protocol - Phase 1 (only)
- ☐ Not Allowed on Phase 1 & 2
- ☐ How Your Body May Initially Respond
- ☐ Weekly Meal Diary (My Daily Journal)
- ☐ Personal Progress Chart (form must be updated at each weekly visit)
- ☐ Food Preparation Instructions
- ☐ Consultation Script
- ☐ Tri-fold Flyer with your clinic and coach information on the back
- ☐ Ability to access their personal Rite 4 Life/Ideal Protein Dieter Web Page for information, and to order ongoing program product requirements.
- ☐ Confirmed appointment the following week for weigh-in, measurements, coaching

PRODUCT REQUIREMENTS (to be ordered through their personal program web page)

- ☐ A minimum of ten (10) boxes of Ideal Protein foods, which equals a three-week start-up supply. This will be comprised of only 1 Restricted Food Choice per day, with 4 boxes for week 1, and 3 boxes each for weeks 2 and 3. The extra box (non-restricted food...typically pudding or drink) in week 1 often helps dieters with their transition into the program, minimising cravings, hunger, and anxiety often associated with weight loss programs.
- ☐ Mandatory Program Supplements, Sea Salt and Shaker Cups.

After each weekly consultation ensure your dieter leaves with the following:

LITERATURE and GUIDANCE

- ☐ A new informative article
- ☐ Updated Progress Chart
- ☐ Updated Protocol Phase sheet (as the dieter progresses)
- ☐ Other value-added material as appropriate
- ☐ Appointment scheduled for following week
- ☐ Information regarding next workshop(s)
- ☐ Copy of referrals that they provide to you