**Part 0 – Introduction & Program Overview**

**Key Takeaways**

* This course is designed to help you build a **sustainable fat loss and healthy eating lifestyle**.
* Results come from **action and consistency**, not quick fixes like appetite suppressants or fad diets.
* You will learn to **track food, set goals, build habits**, and make changes that stick.
* The program is **self-paced**, but full commitment and follow-through are necessary to succeed.

**Action Steps**

1. **Commit to the Full Program**
   * Set aside about 3 uninterrupted hours to complete the course content
   * Have your phone ready to use MyFitnessPal as you go through some of the videos
2. **Understand the Course Structure**
   * There are 11 parts, starting with downloading MyFitnessPal and ending with how to get started
   * Key areas covered: food tracking, setting nutrition goals, meal building, lifestyle factors, tracking progress, and overcoming plateaus
3. **Embrace the Mindset of Change**
   * Real results require effort, sacrifice, and a willingness to challenge your old habits
   * Difficult moments are expected; how you respond to them shapes your success
4. **Expect to Revisit Modules**
   * Don’t worry about memorizing everything up front
   * Return to key lessons as much as needed.

**Common Mistakes to Avoid**

* Thinking this is a passive learning experience—you must **apply the tools** to see change
* Skipping sections or underestimating the value of the foundational videos (especially Parts 2–5)
* Comparing your pace or progress to others; **go at your own speed**

**Video Timestamps**

00:00 Welcome to the Program: What to Expect and How to Succeed

02:42 Part 1: Downloading Myfitnesspal

02:49 Part 2: Logging on Myfitnesspal

02:59 Part 3: Establishing Your Nutritional Goals

03:06 Part 4: Roadmap to Achieving Your Nutritional Goals

03:19 Part 5: Strategies to Achieving Your Nutritional Goals Over Time

03:43 Part 6: Other Facors Influencing Fat Loss

03:58 Part 7: Tracking Progress

04:11 Part 8: Progress Expectations and Interpreting Check-In Results

04:31 Part 9: Breaking Through Plateaus

04:44 Part 10: Post-Goal Mindset

04:55 Part 11: Getting Started