



**Weight Loss Behavior Coaching  
Second Session  
- Four Part Behavior Change Intro -**

Name:	Date:
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Before the session:

- Examine client's Healthy Behavior Assessment results.
- Identify any appropriate supplements to support HBA priorities.

Compliance Check to begin session:

- Deficiency Strategy from last session
- Caloric offender strategy from last session
- Activity strategy from last session
- Check appropriate measurements if applicable

Introduce the Four Part Healthy Behavior Change Framework:

- Define Healthy
- Find Root Cause
- Adjust the Focus - operate on a continuum of M.E.D.
- Healthy Behavior Creation

Walk Through Each Part of that Framework:

- Define Healthy
  - Identify unhealthy and healthy behaviors related to your client's goal(s).
- Find Root cause
  - Reintroduce the root causes of behavior (E.A.T.S.)
  - Collaborate with your client to identify the Root Cause of unhealthy behaviors



- ❑ Adjust the Focus
  - ❑ Introduce Healthy & Unhealthy behaviors as operating on a continuum  
  
Unhealthy < ----- > Healthy
  - ❑ Select a replacement behavior from that continuum the fulfills the same root cause as the unhealthy behavior being replaced and that your client believes they can be successful with.
- ❑ Healthy Behavior Creation
  - ❑ Select one new behavior that supports each of the two priorities from the Healthy Behavior Assessment
    - ❑ Identify an existing productive behavior and pair this new behavior to it
    - ❑ Use forward chaining

Closing:

- ❑ Recap the strategies your client is going to implement with your client.
- ❑ Note those strategies and applicable notes in the Healthy Behavior Assessment software for convenient access at your next session.
- ❑ Schedule next session with client.