

# Lose Weight... By Planning Ahead

Lesson Plan for Instructor

## Materials:

Dry erase board or flip chart and appropriate markers  
Paper for participants to write on and pens/pencils

## Handout(s):

Lose Weight ...by Planning Ahead!

## Suggested Format for Discussion:

- Write "Plan Ahead!!" on the board or flip chart.
- Explain the concept that planning ahead interrupts impulsive eating and/or failing to exercise.
- Ask for participants' ideas about all the possible ways to plan ahead for eating, exercise, social situations, restaurants, etc.
- Write all participants' suggestions on the board.
- Pass out the *MOVE!* handout entitled "Lose Weight... by Planning Ahead!"
- Discuss the handout.
- Solicit at least one suggestion each participant will commit to use.

