## Course Materials

<table>
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<th>Topic</th>
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| **Nutrition Basics** | - What did you learn/Food journaling activity  
- Goal tracking sheet | - Four Ways a Food Diary Can Help You Lose Weight  
- [www.thecenterformindfuleating.org](http://www.thecenterformindfuleating.org)  
Books to explore:  
- Intuitive Eating by Evelyn Tribole and Elyse Resch; 3rd Edition  
- Nutrition Basics Additional Resources |
| **Healthy Cooking and Meal Planning** | - Healthy Cooking and Meal Planning learning activities  
- Goal tracking sheet | - [www.skinnytaste.com](http://www.skinnytaste.com)  
- [www.eatingwell.com](http://www.eatingwell.com)  
- [www.melskitchencafe.com](http://www.melskitchencafe.com) (for some recipes use the recipe substitution list).  
- [www.rachaelray.com](http://www.rachaelray.com) (search “healthy”)  
- [www.rachaelraymag.com](http://www.rachaelraymag.com) (search “healthy”)  
- Recipe substitution list  
- Healthy Cooking and Meal Planning Additional Resources |
| **Grocery Shopping Basics** | - Grocery Shopping learning activities  
- Goal tracking sheet | - Grocery Shopping Basics Additional Resources |
| **Dining Out and Sensible Snacking** | - Dining Out and Sensible Snacking learning activities  
- Goal tracking sheet | - Dining Out and Sensible Snacking Additional Resources |
| **Behavior Change** | - Behavior Change learning activities  
- Goal tracking sheet | - Flowchart: How to Change a Habit  
- Behavior Change Additional Resources |
| **Physical Activity** | - Physical Activity learning activities  
- Weekly exercise and physical activity plan  
- Goal tracking sheet | - Physical Activity Additional Resources |
| **Emotional Eating** | - Emotional Eating learning activities  
- Goal tracking sheet | - Emotional Eating Additional Resources |
| **The Weight Loss Plateau, Roadblocks, and Speed Bumps** | - Roadblock and Speedbump learning activities  
- Goal tracking sheet | - The Weight Loss Plateau, Roadblocks, and Speed Bumps Additional Resources |