

The DietSmart Plan

DietSmart Weekly Work Sheets

Week One:

What are 3 causes of degenerative diseases?

1. _____
2. _____
3. _____

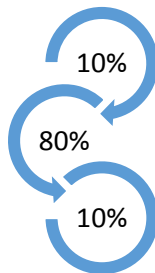
Why do people struggle with weight loss?

1. Lack of _____
2. Poor _____
3. Sluggish _____

What does this diagram represent?



Body Beautiful Formula



7 – Day Dietary Baseline Assessment – Homework Assignment

Work On Your Action Plan – Homework Assignment

Week Two

DietSmart MATH: metabolic NUMBERS

What is your goal weight? _____

Take goal weight X 10 _____

What was your start weight? _____ X 10 = _____ (check 7 Day Baseline)

Carbs X 55% _____ calories (convert to read labels) divide by 4 _____ **grams**

Proteins X 30% _____ calories (convert to read labels) divide by 4 _____ **grams**

Fats X 15% _____ calories (convert to read labels) divided by 9 _____ **grams**

What is your IDEAL WEIGHT?

Present Body Fat % _____ Goal Body Fat % _____

(100 – BF%) divide (100 – GBF%) X Present Body Weight = _____ **Ideal Weight**

What is your FAT to MUSCLE Ratio?

Ideal Weight – PBF% = _____ Muscle Mass in Pounds

Muscle Mass – Present Body Weight = Body Fat in Pounds

Double Check: muscle mass _____ + fat mass _____ = **Present Body Weight**

Compare with the 7 Day Assessment

Results: Total Calories _____ Carbs _____ Protein _____ Fats _____

DietSmart Numbers: for your goal weight

Total DRA _____ calories Carbs _____ Protein _____ Fats _____

Start to track your macronutrients in the SmartTrack Journal Daily

Start to wear your Leptin Weight Loss Patch

Week Three

What are macronutrients?

- 1.
- 2.
- 3.

How do they supply the body with energy? _____

What is the role for micronutrients?

- a.
- b.
- c.

What are Carbohydrates? _____

Name 3 types of carbohydrates? _____

List 4 good and bad quality carbs;

1. good _____ bad _____
2. good _____ bad _____
3. good _____ bad _____
4. good _____ bad _____

What are Proteins? _____

List 2 types of Proteins 1. _____ 2. _____

What are some types of Fats?

-
-
-
-

Week Four

Portion Control Containers

Follow the Meal Plan for your Daily Recommended Allowance for _____ calories.

What is the Glycemic index? _____

What foods are ranked on the Glycemic Index? _____

A baked potato would be a score of _____ on the Glycemic Index, and ranked - high or low

FATS – FATS – FATS

Saturated Fats: _____

Trans Fats: _____

Mono unsaturated Fats: _____

Poly unsaturated Fats: _____

What makes butter different from margarine? _____

Is Count or Saturated or Unsaturated? _____

Benefits of Essential Fatty Acids?

-
-
-
-
-

Pedometer Fitness Test - Assignment

Week Five

List the 3 Metabolic Cycles, and their time frames:

- 1.
- 2.
- 3.

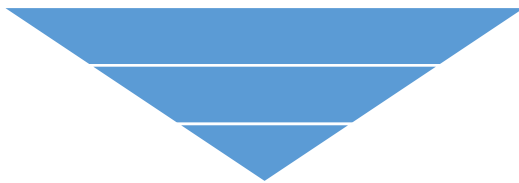
Review: List the 5 Leptin Diet Rules;

- 1.
- 2.
- 3.
- 4.
- 5.

Results and Evaluation for: **Weight Loss Hormones Assessment**

1. Insulin Resistance	#	5. Thyroid – Energy	#
2. Cortisol / Stress	#	6. Fatty Liver	#
3. Digestion / Ph	#	7. Sleep / Melatonin	#
4. Auto – Immune	#	8. Leptin Resistance	#

Inverted Pyramid – most to least – HOMEOSTATISIS



CORTIZONE – Belly Fat

Morning

Night

AFTERNOON

4 pm to 8 pm

Weight Gain or Fat Burning Zone

Week Six

Metabolic Balancing – Homeostasis



Give 5 examples of Caloric Expenditure

- 1.
- 2.
- 3.
- 4.
- 5.

Tips for Eating Out

-
-
-
-
-

Week Seven

Obesity

What is your classification? _____

What is Obesity Therapy? _____

3500 Calories = ____ pound

Caloric Deficiency of _____ calories a day = 1 pound lost per week

Caloric Expenditure of _____ calories a day – 1 pound lost per week

List 10 Factors that affect Metabolic Rate:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What is your inherited Body Type _____

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Week Eight

F.I.T.T Principle

F

I

T

T

THR= (age-220) X intensity divided by 6 = THR for 10 seconds.

Name the 3 Fat Burning Systems

- 1.
- 2.
- 3.

Cellular Metabolization is important for the following functions:

- 1.
- 2.
- 3.

The Fat Cell

What components does a Fat Cell need to be metabolized into energy?

- 1.
- 2.
- 3.
- 4.

Week Nine

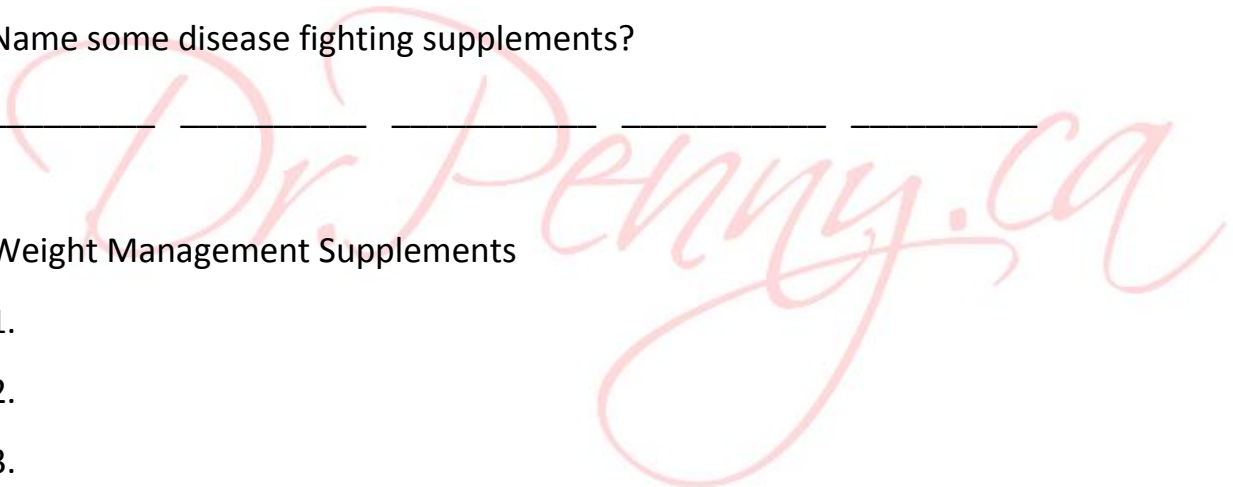
List the dietary or sports supplements you are taking now?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Name some disease fighting supplements?

Weight Management Supplements

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



Week Ten

Physical Activity

Benefits of Exercise:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The Importance of Strength Training

-
-
-
-
-
-
-
-

Stretch often to REWARD your muscles & joints

When is the best time to stretch? Before or After a workout

What is a metabolic Set Point? _____



Week Eleven

Appetite Control

Do you like the Leptin Patch? _____

How did it help you? _____

Did you experience any skin irritation from the Patches? _____

What eating habits have you changed?

What are the 2 appetite hormones?

1.

2.

List you're eating behaviors that only you know about?

-
-
-
-

What are you greatest emotional challenges with food? (Depressed, disabled, abuse, guilt etc.)

Week Twelve

Behavior Modification

How will you stay motivated?

List some important behavior modification techniques to help you stay on track?

-
-
-
-

DietSmart Principles: **Review**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

What was your best experience overall in the DietSmart Program?

Dr. Penny.ca