



Karen Christensen's Dashboard

Track your progress with the WISE program.

January 22 to April 9, 2013

WISE SOLO

WISE Technical Support



TRAINING ROOM

SUPPORT FOR SUCCESS

SUPPORT TOOLS

SMART EATING

SETBACKS

YOUR HEALTH PORTAL

Welcome to your WISE dashboard



Start Here - Introduction, Week 1



Returning Users: Complete this week's training room lesson



Jacqui Perry, Your Food Coach



video library: urgency foods and smart eating tips



Review
Weekly
Action Items



Reduce
Stress
Workshop



Frequently
Asked
Questions



Whole
Foods
Chart



Journaling



Calorie Burning Calculator



Week 1: January 22



Introduction 7 min

- [Preparing Yourself for WISE](#) 

Weekly Activities:

- [Completed my daily food journaling](#)
- [Completed my Measurements](#)

support for success



 [Review this week's summary and action items.](#)

Week 2: January 29

[Urgency Food - Smart Eating Videos](#)

[Mood Tracker](#)

[Personal Notes/To Do's](#)



Smart Eating 7 min

- [An Introduction to Smart Eating](#) 

Lifestyle 6 min

- [Values... how they empower you](#) 

Your Inner Game 8 min

- [Behavior, where does it come from?](#) 

Week 2 Activities:

- [Completed my one-on-one check ins](#)
- [Completed my daily food journaling](#)
- [Completed my Measurements](#)

awareness profile



support for success



 [Review this week's summary and action items.](#)

NOTE: Please complete each of the 3 above lessons before proceeding to next week's lesson.

Week 3: February 5

[Urgency Food - Smart Eating Videos](#)

[Mood Tracker](#)


[Personal Notes/To Do's](#)




Smart Eating 5 min

- [Levels and Types of Hunger](#) 

Lifestyle 10 min

- [Exercise... the mental and physical benefits](#) 

Your Inner Game 8 min

- [Changing your brain: Part 1](#) 

Week 3 Activities:

- [Completed my one-on-one check ins](#)
- [Completed my daily food journaling](#)
- [Completed my Measurements](#)

awareness profile



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 [Review this week's summary and action items.](#)

Week 4: February 12

[Urgency Food - Smart Eating Videos](#)

[Mood Tracker](#)

[Personal Notes/To Do's](#)



Jacqui Perry

Your Food Coach

Your food coach will send 2 videos to you each week, **Urgency Foods** to avoid level 4 hamster hunger and **Smart Eating Tips**.

Urgency Foods

Urgency foods are used to avoid level 4 hamster hungry. There are 4 levels of hunger:

1. Not hungry
2. Somewhat hungry
3. Hungry
4. Hamster hungry

Please try to avoid allowing your hunger to get into the 3 to 4 range. When hamsters get to a level 4 hunger, they lose all their logic and they eat their babies. When people get to a level 4 hunger, they also temporarily lose their logic and allow their hunger pangs to create unhealthy eating choices. Carry your urgency foods with you in your purse, in your car, in your desk at work, and at home to avoid level 4 hamster hunger.

- > **Swiss Chard Wraps**
- > **Smoothie**
- > **Long-Lasting Kale Salad**
- > **Veggies and Hummus**
- > **Sesame Garlic Bites**
- > **Trail Mix on the Road**
- > **Homemade Breakfast Bars**
- > **Creamy Berry Freeze**
- > **Roasted Mediterranean Salad**
- > **Veggie Noodles and Smart Swaps**
- > **Smart Fast Food**

Last Season's Urgency Food Tips

- > **Veggies and Hummus**
- > **Apple and Almond Butter**
- > **Trail Mix**
- > **Greek Yogurt**
- > **Protein Bars**
- > **Ice Tea**

Smart Eating Tips

- > **Decadent Bavarian Parfait**
- > **Mexican Avocado Salsa & Bliss Truffles**
- > **Hearty Homemade Soups**
- > **Smart Gadgets**
- > **Portions**
- > **Haystacks**
- > **Chia Seed Breakfast Parfait**
- > **Gai Lon with Garlic Cream**
- > **Green Salad**
- > **Drinking Water**
- > **Smart Dining Out**



SUPPORT FOR SUCCESS

 WISE DASHBOARD HOME

 LIST OF WISE BUDDIES

 ONE-ON-ONE CHECK-IN'S

 MY PROFILE



 WISE MENTOR

 THE POWER OF
ENGAGEMENT

How to do One-On-One Check In's and the benefits

(Start in Week 2)

From the [List of WISE Buddies](#) to the left, review the profiles and select a buddy. Click on their email and set up a time to call each other to complete your [Weekly One-on-One Check-in Questions](#) located to the left. Please note that the WISE team prefers you connect with your WISE Buddy by phone for optimal benefit and doing it in person if you live in the same city is even more beneficial. If you feel awkward doing it by phone, do it by email but please eventually graduate to doing it by phone. If you feel uneasy about doing a check-in via email or phone, please click on the [WISE Mentor](#) to the left and request support. Your mentor's ability to help you in this process will make it a positive experience for you. So please don't miss out on this opportunity.

REMEMBER: A check-in is not about counselling one another, rather it's more about listening empathetically and being curious to their responses as each of you answers the check-in questions.

The Benefits of One-On-One Check-In's:

The chances of achieving and sustaining weight loss increases significantly when you do it with other people who have a similar goal versus doing it alone. In the study of people who achieve sustained weight loss, we learn that creating healthy mental and emotional health is key to succeeding at any goal. Many people who struggle with weight loss struggle with unhealthy thoughts and emotions, or what we at WISE call "The Inner Game." Learning how to articulate these unhealthy or negative thoughts and emotions to another WISE Buddy who listens empathetically can become an empowering experience towards creating the kinds of behaviour that creates sustained weight loss.

There is a high probability that each WISE participants shares many of the same challenges you do and the process of answering the WISE check-in questions can be enlightening and encouraging. After the 12-week WISE session, 39% of our WISE participants report that they have found the check-ins an empowering experience and have formed long-lasting friendships that have been supportive in their weight-loss journey.

You may feel awkward at first in participating in such an exercise, particularly with someone you don't know. Please make the effort to try and if you're still struggling, email a WISE Mentor who can provide support.



Karen's List of WISE Buddies

City	Name/Alias	Gender	Weight I want to lose	The greatest thing I have going for me that will support my weight loss is...	The hardest thing for me to overcome to loose weight is...	The kind of support that would benefit me most is...	Other things about me that will help my WISE buddies know me better.	Email	Contact preference for one-on-one check ins
Calgary	Jane	Female	25 to 50 pounds	my husband is joining me on a one+ hour walk on Sunday morning. It's great for both of us.	If I go a day or two without any downward movement on the scale, I get dejected.	someone else to walk with on my lunch break.	I like to walk from 11:30am to 12:00pm before it gets too busy in the Plus 15.	send email	email
Calgary	Shera Kleinsasser	Female	51 to 100 pounds	I am usually upbeat and an good at sustaining my focus for a few months	Having my family cook my meals for me. There is protien and starch but not alot of veggies and fruit	Just soem one to talk with and to help keep me motivated. Not to make me feel quilty if I eat junk food once and awhile.	Right now is a challenging time for me. Have a few health issue s going on and it has been a tough few months.	send email	all of the above
Cranbrook	Helen Grasdal	Female	51 to 100 pounds	my acknowlegement that I need to do this for me	my attitude and my stress levels	someone to do stuff with	I live with my husband and 2 very demanding teenagers - a son with special needs	send email	all of the above
Surrey	Carol Watton	Female	25 to 50 pounds	My work outs can be harsh and I work out 3 times a week!	My sweet tooth!	Someone making sure I am on track with my goals	I like confidence boosting!	send email	email

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