



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson One Activity Workbook



Lesson One Topics and Activities

This Week's Topics

- » What is a set point?
- » Break through your Set Point Principles
- » R-K-O Method
- » Your Food Diary

This Week's Tasks

- » Keep track of your daily intake and assess R-K-O status daily
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.
- » Weigh yourself to get a starting measurement

This Week's Activities

- » Determine your BMI and Silhouette
- » Logging your R-K-O
- » Chat with Kristina Spellman Wednesday, July 15 at 1 p.m.

Activity 1: What are your numbers?

Step 1: Determine your BMI

- » Body mass index (BMI) is a measure of body size based on height and weight that applies to adult men and women.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height	Weight in Pounds													
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	145	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328









Note: If your BMI is higher than 40, please consult with your physician on the best way to lower your BMI.

Activity 1 *(cont.)*

Step 2: Determine your silhouette or visual representation of your BMI

- » Using your BMI, locate your present silhouette number from the silhouette chart below. (*see Men's chart on the next page*)









Women

Silhouette	Silhouette #	BMI	Sample Weight for 5'4" women
	1	18 19 20	110 +/- 3lbs
	2	21 22 23	128 +/- 3lbs
	3	24 25 26	145 +/- 3lbs
	4	27 28 29	163 +/- 3lbs
	5	30 31 32	180 +/- 3lbs
	6	33 34 35	197 +/- 3lbs
	7	36 37 38	215 +/- 3lbs
	8	39 40	232 +/- 3lbs

Activity 1 *(cont.)*

Step 2: *(cont.)*

Men

Silhouette	Silhouette #	BMI	Sample Weight for 5'9" man
	1	18 19 20	128 +/- 3lbs
	2	21 22 23	149 +/- 3lbs
	3	24 25 26	169 +/- 3lbs
	4	27 28 29	189 +/- 3lbs
	5	30 31 32	209 +/- 3lbs
	6	33 34 35	230 +/- 3lbs
	7	36 37 38	250 +/- 3lbs
	8	39 40	270 +/- 3lbs

Activity 1 *(cont.)*

Step 3: Identify your target silhouette

- » This is one step below your current silhouette. Refer to the charts above to determine your target silhouette.

Step 4: Find your target body weight

- » Multiply current body weight by 0.1
Example: 160 lbs x 0.1 = 16 lbs
- » Subtract that value from current weight
Example: 160 - 16 = 144 lbs
- » The answer is your target body weight (144 lbs) and the 10 % (16 lbs) is your target six-month weight loss goal.

Step 5: Spend at least 6 months reaching and maintaining your new target set point

- » Over the next so many weeks you will get started on the path towards your new set point. From there you will continue setting goals and working to attain your goal body weight, losing no more than a pound or two per week.

Activity 1 Results: Your Stats & Goals

Record your numbers that you've determine over the course of Activity 1. This is your starting point. You can refer back to these numbers to keep your goals on track.

Start Date:

Current Silhouette:

Target Silhouette:

Current Weight:

Target Weight:

Activity 2: Using the R-K-O Method

Below you will see an example of Mark's R-K-O calendar for the month. Pretend for a second that this is your R-K-O journal and you need to log your status for December 9th. Based on the weight for December 10th, what would you give yourself an R, K or an O?

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 --235 lbs --10,000 Steps --Ate less R	2 --235 lbs --8,000 Steps --Ate less	3 --235 lbs --10,000 Steps --Ate less	4 --235 lbs --10,000 Steps --On the road, Ate More	5 --234 lbs --6,000 Steps --Ate less	6 --234 lbs --4,000 Steps --Holiday party, Ate more	7 --235 lbs --8,000 Steps --Ate less K
8 --234 lbs --10,000 Steps --Ate less R	9 --234 lbs --11,000 Steps --Ate less ??	10 --233 lbs	11	12	13	14