30 DAY ONLINE WEIGHT LOSS PROGRAM CHECKLIST

	Date	Task
☐	Beforehand	First set of measurements
☐	Beforehand	Medical Symptom Questionnaire
☐	Beforehand	Read through 30 Day Online Weight Loss Course
☐	Beforehand	Read through Allowed Food List
☐	Beforehand	Look at Weight Loss Recipes
☐	Beforehand	Look at More Breakfasts, Salads, Snacks, Dressings and Food Ideas
☐	Beforehand	Look at Menu Planner
☐	Beforehand	Go shopping for ingredients you need for the first week
☐	Beforehand	Join the closed Facebook group
☐	Beforehand	Plan your exercise plan for the 30 days
☐	Day 10	Take your measurements
☐	Day 20	Take your measurements
☐	Day 30	Take your measurements
☐	At end	Fill in another copy of Medical Symptom Questionnaire
☐		
☐		
☐	Afterwards	Congratulate yourself for completing the program!
☐	Afterwards	Set your ongoing health goals
☐	Afterwards	Contact Jo for further support if needed
☐	Afterwards	Share your success with your friends
☐		
☐		
☐	Optional	Order weight loss enhancing supplements (additional cost)
☐	Optional	Download an exercise App (Jo recommends 7 Minute App)
☐	Optional	Consult with Jo privately for specific health concerns (additional cost)
☐		
☐		
☐		