

# Smart Moves – Week 3

**PURPOSE:** The third Smart Moves meeting is designed to encourage journaling. Studies have found that tracking weight, intake and physical activity increases weight management success. Follow the steps listed below for a successful third meeting.

## FACILITATED AGENDA

- I. Weigh-in (7 minutes)**  
As participants enter the room direct them to the scales to weigh-in with their support partners. Instruct them to record their weight on their personal Progress Record Form. (Remember to email this form before the meeting date.)
- II. Welcome and celebrate success (7 minutes)**  
After all have weighed-in, ask if anyone would like to share their success. Allow participants to celebrate their success by sharing their stories. Encourage them to also share obstacles they faced.
- III. Distribute Newsletter Volume 3 (1 minute)**  
Print and distribute the newsletter at the meeting or email it to your participants. If you choose to email, print a few for those who forget.
- IV. Encourage** participants to track their weight, daily intake and physical activity. Remind them that people who track their weight, intake and physical activity are more likely to be successful in attaining and maintaining a healthy weight.
- V. Activity: air volleyball (5 minutes)**  
Instruct participants to face their support partner. Act out serving a volleyball to each pair and tell them to volley their “volleyball” back and forth using their best volleyball skills.
- VI. Preview next week**  
Dismiss the group by introducing the focus of next week’s meeting: moving more. Encourage participants to eat smart, move more, journal and reach for their goals.



## Tools & Materials for Success

Place digital scales on a **NON-CARPETED** floor **before** the meeting begins.

- scales
- Newsletter Volume 3
- personal record



Check out a meal planner and activity logs at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)