

## Breaking Your Set Point Class 2 – Eat Less, More Often

### 1. Overview of Class 2

- Smaller Meals More Often
- How to Stop Counting Calories
- Miracle of Vegetables
- SanePlanner.com
- Water – ½ Body Weight in Ounces
- Slow Down - Take 20 Rule
- Meal Planning (Using AnyList with Yearly \$9.99)
- Portion Distortion
- Accessing Fruit of Spirit – Patience and Self Control
- Trust vs. Disappointment I Peter 2:6

### 2. Three Principles

- a. Eat smaller meals more often
- b. Drink Water
- c. Use 20 Rule

### 3. Vegetables – Miracle Inch Eaters

- a. SanePlanner.com
- b. Play Around with Different Scenarios
- c. Decide on Your Vegetable Goal

### 4. Food Diary

- a. RKO Method
- b. Record How You Feel
- c. Record Hunger/Full

### 5. Did you Get and Record Beginning Stats?

- a. Weight/Measurements
- b. BMI/Silhouette
- c. Do You Have Your Goal?

6. [Listen to Dr. Blackburn's podcast](https://www.bidmc.org/-/media/rich-text-images/beth-israel-org/about-bidmc/blogs/wellness-insight-landing/nutrition/dr-blackburn-podcast2.mp3) to keep yourself motivated.  
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### Documents needed

- Weekly Class Quiz
- Sanecalculator
- RKO Journal Sheet
- Hunger/Full
- How to Stop Counting Calories

### Activities for weeks three and four

1. Read LessonTwo
2. Listen to Live Class or Archive
3. Review all Tool Box items
  - Scripture Promises
  - Tape Measure
  - Accurate Scales
  - Good Walking Shoes
  - Fitbit or Step Recorder
  - Timepiece (Fitbit, Watch, or Clock)
  - Big Water Glass
  - Food Diary
  - RKO Journal
4. Use the RKO Method for each day
5. Premeasure Water
6. Use a Timer
7. Plan your Meals