

INSTRUCTIONS FOR THE PATH PROGRAM

HEALTH ESSENTIALS

From your Health Essential dashboard www.liveforlife.net/hfit/healthessentials, log in with your EMS ID and password, then proceed to the link for your wellness challenge by clicking "Click Here to Register."

This will redirect you to the Mediterranean Wellness log in page.

LOGGING IN

Log in to Mediterranean Wellness with the username and password that has been assigned to you.

After you log in for the first time, you'll have the opportunity to change this.

If you don't know your username and password, email laura@willclower.com.

Once logged in, register for the Path program.

Tip of the Day
When eating out, ASK, ASK, ASK... Some helpful questions are: Do you make your salad dressings and soups on site? Choose restaurants that make the majority of their foods on site.

WEEK1: THE PATH

Pull Your Sweet Tooth

<p>RECORDED SESSIONS</p>	<p>DAILY AUDIO</p>
<p>PROGRAM MATERIALS</p>	<p>HOMEWORK</p>

WATCH THE RECORDINGS

To watch the recordings, please click on the TV icon that says "Recorded Sessions."

YOUR LIFE CAN CHANGE

The Path

IN JUST 8 WEEKS



827V Video Placement Banner

WHAT YOU CAN EAT
You can eat whatever you want, just make sure it's real. Tune in to learn what real food is!

WHICH DRINKS ARE REAL
This week, learn which drinks are best and which ones to avoid and why.

CHOOSING THE RIGHT FOODS
Organic vs. non-organic? GMO foods? Tune in to see our recommendations!

LOSE THE SUGAR, LOSE THE WEIGHT
It's time to pull that sweet tooth! Let's retrain our taste to stop the cravings. Learn how now!

FULL LIVE SESSION

WATCH THE RECORDING

You can watch 4 short videos each week (ranging from 5 – 7 minutes each) by clicking on the videos on the right.

OR

You can watch one long session each week (ranging from 30 – 45 minutes) by clicking "FULL LIVE SESSION."

Videos must be watched in their entirety to earn credit.

Tip of the Day

When eating out, ASK, ASK, ASK... Some helpful questions are: Do you make your salad dressings and soups on site? Choose restaurants that make the majority of their foods on site.



There are no live sessions currently scheduled for you.

WEEK1: THE PATH Pull Your Sweet Tooth

RECORDED SESSIONS 	DAILY AUDIO
PROGRAM MATERIAL 	HOMEWORK

COMPLETE THE HOMEWORK

Complete the homework each week, by clicking on the "Homework" icon.

Answer all of the questions and click "Submit Your Homework" to earn credit.

Question 3.

Did you throw away your faux foods?

[answer: yes or no]

Question 4.

Do you drink sodas?

[answer: yes or no]

Question 5.

Sweet Tooth Test:

Estimate the sweetness at the 3 Tablespoon level.

[answer: 1-10]

Question 6.

We are surrounded by a culture that favors faux foods, cheaply made. What is the biggest hurdle you personally face to eat clean?

[answer in your own words]

Submit Your Homework

OTHER RESOURCES

You will have additional tools within this program. Resources include:

- A recipe book
- An articles blog
- Health journal
- Goal setting
- Progress tracking

Completing The Program

week	description	homework	session
1	Pull Your Sweet Tooth	<input type="checkbox"/>	<input type="checkbox"/>
2	Portion Distortion	--	--
3	Train Your Brain	--	--
4	The Best Kept Secret	--	--
5	Stress Induced Overconsumption	--	--
6	Crank Up Your Metabolism	--	--
7	Behavioral Freedom	--	--
8	Health Blackbelt	--	--

CHECK YOUR STATUS

In order to successfully complete this program, you must view each recording and complete all of the homework.

You can check your status by going to "YOUR STATUS."

EARN YOUR INCENTIVE

To earn your incentive, complete all 8 weeks of homework and recordings.

You will have 10 weeks to complete the program. The program will be available from June 13 – August 21.

SUPPORT

If at any time you need assistance with the use of our site, please contact us at: admin@willclower.com or 800-977-6337 – Monday thru Friday, 9 am to 5 pm EST, except national holidays.

A representative from our team will reach out to you within 24 business hours.