MASKS

CLIENT	BEHAVIORS	TOOLS
Postpartum women	**Postpartum weight loss**	**Masks**

TOOLS

"Happy" and "sad" masks.

OPENING ACTIVITY

TRIGGER EMOTIONAL DRIVERS:

Hold up the "happy" face mask. *"You are at a unique time in life. A new baby, a new life. What are you doing to make you feel like this?"* Listen to client comments. Put on "sad" face mask. *"But life is never perfect. What's making you feel this way at times? The good news is this can be a time of reinvention, even for post-pregnancy bodies. For the last nine months, you created a new life. In the next nine months, you can experience another rebirth—a new you."* Hold up the "happy" face mask. *"May I share a few strategies on reinventing a body that makes you feel this way?"* Listen to client comments.

STRATEGY #1: WRITE DOWN EVERYTHING YOU EAT AND DRINK. (FOOD DIARY)

"One of the most important things you can do to create your new self—and slimmer body— is to keep a food diary. This powerful, but easy, action can be as simple as writing down what you eat and drink, along with their related calories. Nothing fancy needed other than a notebook, but free apps like 'Lose it!' do most of the work for you, and by using your phone, you can record on the go. Research suggests that people who kept food records for six days a week—and jotted down everything they ate and drank on those days—lost about twice as much weight as those who kept food records one day a week or less."

STRATEGY #2: SIGN UP FOR ENCOURAGING TEXT MESSAGES

"The food diary can be the centerpiece of your reinvention plan, but it's not the only piece. You can sign up for encouraging, helpful Reinvention Tips in the form of text messages. You're in charge. Try them out, and see what works best for you. To sign up, go to momcircle.com."

Show participants how to sign up.

ACTION PLAN

"Every day is another opportunity to feel reinvigorated, rejuvenated and reinvented. What will you do first to reinvent yourself over the next weeks? How will you feel when you achieve the body you want to have?"

Listen to client comments.