<table>
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<tr>
<th>Visit Timing</th>
<th>Goals of Visit</th>
<th>Resources Available for Eligible Families</th>
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| Visit 1      | • Meet the team (MD, RD, PhD)  
• Assess Your 4 Pillars; Identify Lifestyle Strengths and Opportunities  
• Review Bioimpedance report  
• Screen for weight-related medical issues  
• Introduce Go Slow Whoa Approach  
• Develop 1st SMART goal | • Digital scale  
• Blood pressure monitoring device  
• Goal sheet  
• Go Slow Whoa Food list |
| Visit 2      | • Review labs, review ambulatory blood pressure, review bioimpedance report  
• Review goals from prior visit  
• Identify non-scale victories (NSVs): Increased energy, improved mood, better fit of clothes  
• Complete “Refrigerator and Pantry Tour” to assess family food environment  
• Review lifestyle strengths and opportunities  
• Develop next SMART goals | • Age-appropriate dietary resources (serving sizes and eating patterns)  
• Goal sheet  
• Bioimpedance interpretation |
| Visit 3      | • Review goals from prior visit  
• Identify NSVs  
• Introduce meal-prep and snack planning strategies  
• Review current lifestyle strengths and opportunities Introduce age-appropriate portion control and appetite control strategies  
• Develop next SMART goals; develop weight loss goal (if indicated) | • Bioimpedance interpretation  
• Foods that fill you up handout  
• Appetite strategies handout |
| Visit 4      | • Review goals from prior visit  
• Identify NSVs  
• Introduce food-logs and food tracking as strategy for more focused recommendations  
• Review lifestyle strengths and opportunities  
• Develop next SMART goals; continue weight loss goal (if indicated) | • Food logs handout |
| Visit 5      | • Review goals from prior visit  
• Identify NSVs, SV as indicated  
• Introduce concept of hidden sugars and label reading  
• Review food logs, advise on specific alternatives based on logs  
• Review activity level and introduce SMART activity goals and tracking strategies | • Fitbit tracking device |
| Visit 6      | • Review goals, Review bioimpedance report  
• Identify NSV, SVs  
• Review and introduce hydration strategies, Rethinking your Drink | • Healthy drink options  
• Hydration strategies handout |
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<th>Visit 7</th>
<th>Visit 8</th>
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| • Review activity progress and barriers  
  • Develop next SMART goals; continue towards weight loss goal (if indicated)  
  | • Review goals, from prior visit review bioimpedance report  
  • Identify NSVs, SVs,  
  • Introduce concept of stress-related eating and food rewards  
  • Review activity progress  
  • Develop next SMART goals; continue towards weight loss goal  
 | • Review goals from prior visit, review bioimpedance report  
  • Identify NSVs, SVs  
  • Review past dietary concepts, 4 pillars  
  • Develop next SMART goals  
  • Plan for follow up in 1-3 months pending family’s progress  