



An HMR® Program

1. Fruits/Vegetables

Minimum Requirement? At a minimum, how many will I have each day?

2. Meal Replacements

Minimum Requirement? At a minimum, how many will I have each day?

Shakes

Entrees

3. Physical Activity (PA)

Minimum Requirement? At a minimum, how many calories will I burn each week?

4. Measure my progress. (Goal/Tracking)

What am I measuring? How often? Where am I recording it? What do I do with it?

5. Record keeping

What am I recording? What totals am I interested in (what are my mins/maxes)? Where am I keeping it? How often do I update these records? What do I do with these records?
