



Stage 2 – Structured Weight Management

The goal of the Stage 1 protocol is weight maintenance associated with a fall in the BMI. If there is weight loss, it should not exceed 1 lb per month in children 2-11 year old or 2 lbs per month in older children. You should come in each month for a weight check.

- Develop a structured daily meal plan with the assistance of a nutritionist
- Log of exercise, TV time and daily diet.
- Less than 1 hour of screen time each day
- No TV in sleeping area
- At least one hour of physical activity
- No sugar sweetened beverages
- Eat breakfast daily
- Limit fast food to 1 time a week

For a current list of nutritionists whom we recommend, go to:

Your Child's Health → Who We Recommend