



TEMplate System™

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The developers of the TEMplate System™, Associate Professor Clare Collins and Dr Trent Watson, are both Australian Accredited Practising Dietitians who have spent many years researching and refining evidence based weight management techniques in an effort to make it easier for people to successfully achieve their weight loss goals.

The clear step-by-step lifestyle intervention and re-education process that they have developed makes it easy for you to understand and take control of the broad range of food and non-food factors that impact your weight. *It is just like having your own take home dietitian.*

As one of the key TEMplate™ philosophies is - there are no “good” or “bad” foods in a nutrition plan, just good and bad amounts - you will not have to cut out (so called) “bad” foods completely. Instead the TEMplate System™ will teach you how to:

- Select the right portion size of healthy and tasty foods
- Build up realistic and achievable “Activity Blocks”
- Balance “Food and Drink Extras” with “Activity Blocks” and
- Take control and build new healthy habits



TEMplate™ Tools

TEMplate™ Healthy Eating and Activity Weight Loss Action Plan (TEMplate™ book)

Provides all the instruction, education and guidance you need to get started and to stay on track, including a “free food” list so there is no need to ever go hungry or get bored.



TEMplate™ dinner disc

Helps you prepare tasty, portion controlled dinners!

A common mistake many people make with the evening meal is unconsciously consuming more energy than they need. By using the TEMplate™ dinner disc and following the instructions provided you can reduce the energy content of your evening meal by around 50% without going hungry or feeling like you are on a diet.

If this one simple change was repeated every night it would equate to a reduction in body weight of around 20kg in just 1 year!!



TEMplate™ lunch box and drink bottle

These tools can help you overcome the many factors that influence what you eat and drink during the day and will help you establish new easy to maintain healthy habits.

Filling the TEMplate System™ lunch and snack box each day with your choice of great tasting healthy food will help you:

- Resist the temptation to snack on high energy foods when you are stressed, bored, sad or excited (you can snack on the contents of your lunch and snack box instead)
- Resist the temptation of overeating because of cold or hot weather
- Be less susceptible to enticing food and drink advertising

Filling and re-filling your TEMplate™ drink bottle (aim for at least two litres each day) with plain water and drinking from it regularly throughout the day will help you:

- Maintain your hydration and minimise the risk of mistaking thirst for hunger – surprisingly a lot of people confuse the two and over eat as a result
- Reduce the likelihood of drinking high energy fruit juices, fruit smoothies, full fat flavoured milk drinks, soft drinks or sports drinks when you are thirsty
- Avoid spending money buying expensive bottled water

Free Foods

Using "Free Foods" and your imagination, you can prepare a "guilt free" tasty snack or small meal to go with a KicStart™ shake.

Any combination of the low energy density foods can be consumed at any time during the day because they do not contain enough food energy (kilojoules or calories) to have a significant impact on body weight.



This means you can avoid feeling hungry or bored - without compromising your eating plan.

See the "Free Foods" page under FAQs for all the information you need.

Extras

The weight loss and weight maintenance "Extras" calculator in your TEMplate™ book (refer to page 23 to 30) provides a guide to the appropriate number of extras you can choose to have depending on your age, gender, current body weight and how active you are in your job and in your daily life.

You have the choice to add the extras to meal times or to have them as between meal snacks.

Extras become very important during phase 3 however during phases 1 and 2 of the Healthy Weight for Life™ program we recommend that you stick to Free Foods to optimise weight loss.



Activity Blocks

The Template System™ teaches you that the trick for increasing your activity for the long term is to start slow, at a realistic level, and build up over time to make the ultimate goal of being active every day more achievable.

Each of the Activity Blocks listed in the table in your TEMplate™ book will burn up approximately 500kJ of energy, the same amount of energy as in one “Extra”.



If you have indulged in more Extras than you need, you can work off the extra energy by performing one Activity Block for each additional Extra consumed. This means you can enjoy treats and still maintain control of your weight.