



weight management psychology

Expert Intervention Series
Emotional Freedom Techniques

EFT TAPPING FOR WEIGHT MANAGEMENT 8 WEEK PROGRAM OVERVIEW

There are **7 Modules** in the program. To help you with timing and allow you to complete the program successfully in the 8 Week period we recommend you complete **one Module every week**. While the resource is self-paced, and you can go through the modules faster, timing the Modules weekly allows you to more fully tap through each topic, avoid burning yourself out and maintain motivation throughout the entire program, and make the right neurological, psychological, and physical adaptations over time!

Each Module is made up of several **Lessons** (varying from 3 to 8 per Module). Aim to finish every lesson in the Module by the end of that Module's week. If you want to, you can complete the Introduction Lesson and then another Lesson in one day, but apart from that we strongly recommend that you limit yourself to one tapping Lesson a day. You can repeat the lessons as many times as you wish, and refer back to them at any stage during the program.

PROGRAM NAVIGATION

<http://www.weightmanagementpsychology.com.au/onlinecourses>

Log in to your account with your email address and password you created on sign up (if you have problems resetting your password - email us and we will help!)

Click on **MY COURSES** on the top navigation bar

Click on the Program Title under "**Active Courses**"

Scroll down to view lesson titles (click "Expand All" to view all the lessons.)

You should complete the **quiz** in each lesson before you move to the next.

You can revisit any lesson at any point in time during the program period (and this is recommended!)

Remember to take your time to complete the program over the 8 week period!

Email info@weightmanagementpsychology.com.au with any Technical Queries!

EFT TAPPING FOR WEIGHT MANAGEMENT 8 WEEK PROGRAM TRACKER



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WEEK 1

OVERALL PROGRAM GOALS
Choose a key aim for your overall tapping program
(See note below)



MODULE 1 - Introduction to EFT

0101 0102 0103 0104 0107*

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WEEK 2

WEEK 2 TAPPING GOALS
Choose a key food you would like to reduce the desire for:



MODULE 2 - Tapping on Less Nutritious Foods

0201 0202 0203 0204 0208*

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WEEK 3

WEEK 3 TAPPING GOALS
Choose a key food you would like to increase the desire for:



MODULE 3 - Tapping on Nutritious Foods

0301 0302 0303 0304*

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WEEK 4

WEEK 4 TAPPING GOALS
Choose a key emotion you would like to clear:



MODULE 4 - Tapping away Emotional Eating

0401 0402 0402b* 0403 0403b* 0404 0404b*

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WEEK 5

WEEK 5 TAPPING GOALS
Choose a key emotion you would like to clear:



MODULE 4 - Tapping away Emotional Eating

0405 0405b* 0406 0406b* 0407 0407b* 0408 0408b*

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WEEK 6

WEEK 6 TAPPING GOALS
Choose an activity you would like to do more of:



MODULE 5 - Tapping on Physical Activity

0501 0502 0503 0506*

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WEEK 7

WEEK 7 TAPPING GOALS
Choose a drink you would like to reduce the desire for:



MODULE 6 - Tapping on Drinks

0601 0602 0602b* 0603 0604 0605 0605b*

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WEEK 8

WEEK 8 TAPPING GOALS
Choose a meal you would like to eat more mindfully:



MODULE 7 - Tapping into Mindful Eating

0701 0702 0703 0704

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DAY	TAPPING	DAY	TAPPING
1		31	
2		32	
3		33	
4		34	
5		35	
6		36	
7		37	
8		38	
9		39	
10		40	
11		41	
12		42	
13		43	
14		44	
15		45	
16		46	
17		47	
18		48	
19		49	
20		50	
21		51	
22		52	
23		53	
24		54	
25		55	
26		56	
27		57	
28		58	
29		59	
30		60	

Daily Tapping Tracker - tick every day you tap!

Note: Choose an overall program goal other than weight loss. People that focus on weight more tend to struggle with it more! Focus on eating, drinking and moving and feeling better and any weight reduction will be a bonus.

*Bonus Hypnosis Lessons
(skip Advanced Program lessons if applicable)