



# *Healthy Living*



Curriculum Two (2)  
Intro

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PRISM<sup>®</sup>  
WEIGHT LOSS  
PROGRAM

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Curriculum  
Two

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**PRISM<sup>®</sup> WEIGHT LOSS PROGRAM**

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*A man is worthy of his hire.*

**LUKE 10:7 & MATTHEW 10:10**

*Deceitful works shall be judged.*

**PROVERBS 11:18 & ECCLESIASTES 12:14**

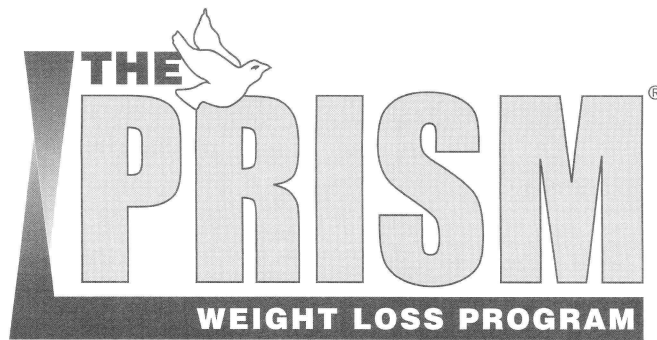
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*“Thou shalt not steal.”*

**EXODUS 20:15, 22:11; LEVITICUS 6:4, 19:11; DEUTERONOMY 5:19;  
PSALMS 50:18; ZECHARIAH 5:4; ROMANS 13:9 & I PETER 4:15**

Scriptures from 1611 King James Version

Published in the Republic of the United States of America



## **IMPORTANT HEALTH NOTICE – PLEASE READ CAREFULLY**

Thank you for choosing the PRISM® Weight Loss Program! Our program has helped many thousands of people over the years lose weight successfully, and keep it off. As with any weight loss program, PRISM® may not be the right program for everyone. **Therefore, it is imperative that you consult with your physician before you begin this program.** Please have your physician contact the PRISM® corporate office if he or she has any questions.

**Nursing women may participate with a doctor's approval and program modification.**

The PRISM® Weight Loss Program is not intended for the following persons, and they should not participate in the program: **Individuals under the age of 18**

**Pregnant women**

If you fall within one of the above categories, or if your physician advises against your participation in the Program, please contact the corporate office and we will gladly arrange for a full refund of your purchase after return of all of PRISM® materials.

PRISM® group leaders facilitate weekly meetings of participants and can be extremely helpful in your weight loss journey. However, they are not employees or agents of The PRISM® Weight Loss Program nor are they health professionals. **The PRISM® Weight Loss Program, its owners, employees and group leaders do not provide medical advice.** You should direct all health-related questions to your physician.

## INTRODUCTION

**A**s you took your first steps toward freedom six weeks ago did you believe for a moment there would be a Week Seven? Week Seven may have seemed unattainable, even impossible to consider. But now, here you are! You have really made great strides in your journey to the TRUE YOU. You must continue with courage to ride the momentum you have established – be excited about what lies ahead. The six weeks of hard work and success behind you are yours – you made them happen! No one can ever take that away from you.

You have experienced the joy and freedom in overcoming struggle and temptation, facing each new day with confidence. You have peace within yourself as you look at and account for the food you consume. You have a new sense of strength that comes from knowing food values and caloric content. The reward of feeling comfortable in clothes which were “too tight to wear” just six weeks ago is wonderful! You made all these things happen through your Agreement of Resolution. Your resolve to change has begun your TRANSFORMATION to the person you were created to be.

Today you stand at the top of a peak, looking ahead to Phase Two of your journey. You may be wondering how long it will be until you reach your destination. Six more weeks? Twelve more weeks? Thirty more? Do not allow these normal thoughts to take root and cause you to become weary. If you focus too much on the time and distance ahead, you will begin to look for “shortcuts.” Shortcuts or “quick fixes” have been the source of many unfinished and unsuccessful weight loss journeys. The road marked “shortcut” is riddled with bumps, potholes and dangerous turns. Remember, you are on a journey to a “new home” – not just a temporary residence. You have the map, the PRISM® program guidelines. The past six weeks are evidence of your ability to reach your final destination – the TRUE YOU. Stay on the road which leads to the person you were created to be!

I stand confident beside you, knowing you can complete the journey. These next six weeks will pass quickly, and you will be six weeks closer to lasting TRANSFORMATION and the TRUE YOU!!!

Toni Vogt

# TEARING OFF THE LABELS

by Randy Vogt

“You need to lose 40 pounds.” “But Doc, I bet I’ve lost 1,000 pounds in the last ten years!” “Yes, but you’ve gained 1,040!!” This conversation I had with my doctor a few years ago pretty much summarizes my “battle of the bulge.” It’s a battle I’ve been waging most of my life.

My earliest memories related to my weight go back to elementary school. I dreaded “back to school” clothes shopping because the only jeans I could wear were “huskies.” The name was bad enough, but I recall being in the department store, standing under a HUGE sign which read “HUSKY SIZES”, looking for jeans. Even the label on the jeans said “HUSKY!” To this day, thinking about those experiences brings back old scars of shame and embarrassment.

I played sports in high school and college and was in excellent physical condition. I still felt “heavy” in relation to my friends. The uniforms never quite “fit” me the same way they did my “slender” teammates. As I look back at pictures, I realize now that I was not heavy. Why then, did I feel that way? Was it because I was always “husky or chubby” as a child? Maybe the “HUSKY” label wasn’t just on my jeans... it also became part of me! In any event, I really struggled with “not looking as good” as the other guys on the team.

After my Junior year in college, I quit playing interscholastic sports. I worked in an office part time as I completed my education. My level of physical activity declined dramatically, but my eating behaviors did not change. After college I began my career “in the office” and my level of physical activity was further reduced. The battle was on! Before I knew it, I weighed 30 pounds more than when I played baseball in college!

Since then I have been caught in a cycle of dieting, losing weight, eating and gaining it back. Until I began this weight loss journey, I never really addressed my eating behaviors, only the “good news/bad news” on the scale.

My journey is not over – I have a long way to go – but I believe the guidelines and **KEY PRINCIPLES** of this program **WILL HELP ME CHANGE MY ATTITUDES AND ACTIONS ABOUT EATING FOR LIFE!**

I am so proud of my wife, Toni! Her journey is truly a miracle. We are learning so much about each other through our experiences and our love grows stronger each day. I want to share the victory with you – **VICTORY OVER THE MISUSE OF FOOD!**

**YOU TOO CAN SHARE IN THIS VICTORY!**

## INTRODUCTION

# PHASE TWO KEY PRINCIPLES AND GUIDELINES

Take a moment to review the seven KEY PRINCIPLES of the PRISM® Weight Loss Program. These principles are an integral part of each phase of the program, including Phase Two. The KEY PRINCIPLES, which must be adhered to without deviation, are:

1. DEVIATION FROM OR VARIATION OF ANY GUIDELINES OF THE PRISM® WEIGHT LOSS PROGRAM IS STRICTLY PROHIBITED. NO VIOLATIONS OF THE GUIDELINES ARE ALLOWED.
2. EVERY DAY, TWICE A DAY (OR MORE OFTEN IF YOU LIKE), LOOK IN THE TRUE YOU MIRROR AND SAY THE FOLLOWING STATEMENT OUTLOUD:  
  
“THIS IS THE SIZE I WAS CREATED TO BE. I AM A LOVABLE, WORTHWHILE AND SUCCESSFUL PERSON. I AM THANKFUL FOR THESE TRUTHS.”
3. IN THE BACK OF THIS BOOK YOU WILL FIND A PICTURE OF A SCALE. WRITE YOUR RIGHT BODY WEIGHT AMOUNT ON IT. EVERY DAY, TWICE A DAY, (OR MORE OFTEN IF YOU LIKE) SAY THE FOLLOWING STATEMENT OUTLOUD:  
  
“\_\_\_\_\_ THIS IS THE RIGHT WEIGHT FOR MY BODY.”  
(Insert “right weight” number.)
4. POSITIVE ATTITUDES WILL PRODUCE RIGHT ACTIONS TO TRANSFORM OLD BAD HABITS.
5. A POSITIVE SELF-IDENTITY IS THE ONLY SOLID FOUNDATION ON WHICH TO BUILD A LIFE OF PHYSICAL, EMOTIONAL, AND MENTAL HEALTH.
6. SUCCESS IS ASSURED ON THE ROAD TO BECOMING THE TRUE YOU AS YOU UNCOVER SELF-SABOTAGE, UNDERSTAND YOUR FEELINGS OF GRIEF AND USE YOUR ABILITY TO OVERCOME TEMPTATION THROUGH THE POWER OF P.R.A.Y.
7. UNDERSTANDING WHAT MOTIVATES YOUR HUNGER PHYSICALLY AND EMOTIONALLY FREES YOU TO RESPOND TO IT IN A WAY WHICH TRULY SATISFIES YOU.

As you find yourself willing and able to remain disciplined in the face of temptation, you will begin to believe with progressively greater conviction that you will be FREE FOR LIFE!

Within this Introduction Section you will find a NEW “Agreement of Resolution.” Please read it and give careful consideration to what it says BEFORE you sign it. Once you sign it you will give your leader/accountability partner written evidence of the seriousness of your decision to overcome undisciplined eating. It will also help reinforce your own determination to reach your “right weight and continue a healthy, free lifestyle. One of our deepest desires is that this program will give you principles for change in eating behaviors that will stay with you for a lifetime!

This study guide was created to be a source of daily encouragement, teaching and motivation. Below are instructions for the use of this study guide:

1. Read one unit per week; one lesson per day.
2. Read ONLY that day's lesson. Reading ahead is not allowed. You may; however, review past lessons.
3. Complete the total lesson and do all that is requested. The weekly classes are very important and attendance is necessary for your success in this program. They will provide teaching, accountability and support. Do not sabotage your efforts by allowing other activities to get in the way of attendance. Set the time aside and resolve to attend all classes. Your participation will be beneficial to you and your fellow class members. In the unlikely event you are unable to attend your class, it is your responsibility to inform your leader in advance of your absence.

You have now made the decision to be all that you were created to be. You understand that we take your decision seriously and stand ready to give you the help, support and direction you need. You now have before you and within you all that you require to make your dream of freedom a reality!

**YOUR BOOK AND THE RESPONSES IN IT COMPRISE  
YOUR PERSONAL JOURNAL. IT WILL NOT BE SEEN  
BY ANYONE UNLESS YOU CHOOSE TO SHARE IT.**

On the following page you will find a NEW "Agreement of Resolution." Please read it and give careful consideration to what it says BEFORE you sign it. Once you sign it you will give your leader/accountability partner written evidence of the seriousness of your decision to continue on your journey. It will also help reinforce your own determination to reach your "right weight."

THESE ARE THE GUIDELINES YOU ARE AGREEING TO FOLLOW THROUGHOUT THIS SIX WEEK PERIOD:

1. I will only consume those foods allowed in the PRISM® Food Guide, and in their allowable quantities and form.
2. I will only consume the number of calories allowed each day according to my gender or weight. This means not one calorie less than the minimum prescribed nor one calorie more than the maximum (See Food Guide explanation for appropriate numbers).
3. I will weigh, measure and honestly account for all food I choose to consume.
4. I will keep a daily journal of the foods I consume and their caloric values. I will give this journal to my leader/accountability partner on a weekly basis for his or her review.
5. I will read my PRISM® curriculum daily. I will never read ahead or skip a day.
6. I will not weigh on a scale. My only weight will be the number on my "right weight" scales. I will look at my "right weight" scale at least twice a day and say the weight and affirmation outloud.
7. I will look at my TRUE YOU picture at least twice a day and say the affirmation outloud.
8. I will attend class and view the video presentation each week.
9. I will read my Agreement of Resolution at least once a day.

**INTRODUCTION**

**PRISM® WEIGHT LOSS PROGRAM  
AGREEMENT OF RESOLUTION  
PHASE TWO**

I, \_\_\_\_\_, resolve my desire to change my eating behaviors and learn methods for continuing this control for my lifetime. I resolve that I will follow the food guide (including calorie levels), the guidelines and KEY PRINCIPLES of this program exactly, without any deviation from its standards. I agree that there are no foods more important to me than becoming slender and reaching my “right weight”. Even one bite of extra or prohibited food cannot compare with the freedom I will know when I take steps to become the person I was created to be.

I understand that in the event I decide to revoke this resolution through violation of the program guidelines and KEY PRINCIPLES, I will inform my PRISM® group leader or accountability partner of my decision.

I willingly submit myself to receive the support, strength and guidance I will require from others and God to complete this commitment.

\_\_\_\_\_  
Class Member Date

\_\_\_\_\_  
Leader/Accountability Partner Date

On the following page you will find an explanation of the PRISM® Weight Loss Program Food Guide for Phase Two. Please read it carefully and note the changes applicable. We want to be sure that you understand each point. If you are unsure about any portion of it, please go over it with your leader **BEFORE** you begin the second phase of this program.

You will be accounting for your food intake on your “Food Journal Sheets,” which are found at the back of this book. You will turn in your completed food sheets to your leader/accountability partner on a weekly basis.

## INTRODUCTION

# PRISM<sup>®</sup> FOOD GUIDE EXPLANATION FOR PHASE TWO

During the first six weeks of your journey, it was vital that you totally abstain from certain types of foods. The absence of white flour products and refined sugars “cleansed” your body from any chemical dependencies you may have had. For the next six weeks your continued abstinence from these foods will help you break any emotional ties you may have to them. You will learn that **YOU DO NOT NEED ANY ONE TYPE OF FOOD PRODUCT IN ORDER TO BE HAPPY!**

The lifestyle of the TRUE YOU includes normal, healthy food choices. As you continue the transformation process, **YOU MUST LEARN HOW** to make these decisions, just as normal, “right weighted” people do each day. The Food Guide for Phase Two includes a number of new foods. These additions are designed to assist YOU to begin to make normal, healthy food choices.

The Phase Two Food Guide includes the following additions:

1. You may now choose to eat a baked or boiled potato (no more than six ounces) up to three times per week (no more than one per day). Please note your potato **MUST** be baked or boiled; not mashed, fried or in any other form!
2. You may add the following items to your list of GRAINS/CEREALS choices:
  - (a) No more than two slices of 100% whole wheat or whole grain sandwich bread per day (no rolls, buns or breads of any other type).
  - (b) No more than two corn or 100% whole wheat tortillas (six inch size) per day. Tortillas must be baked or steamed. They may not be fried.
3. You may choose to eat up to five ounces of a sugar-free, white flour free frozen (or pudding) dessert **THREE TIMES PER WEEK** (no more than one time per day). Sugar-free means no corn syrup, no glucose, no sucrose or fructose.

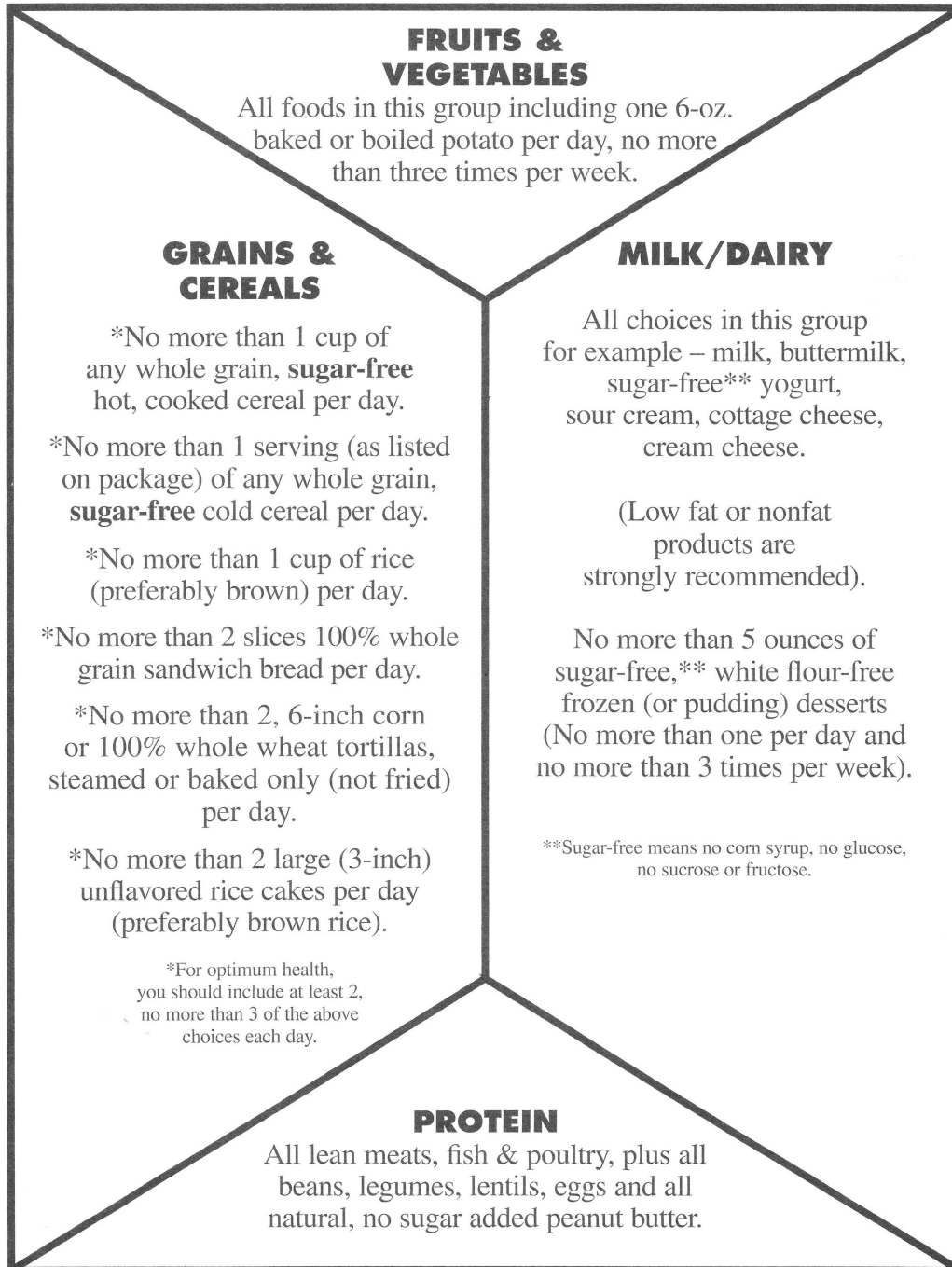
You are ready to enter a new phase in this program; likewise, you are also ready to assume greater responsibility for your eating behaviors by the addition of these “normal foods” to your life. It is time to learn that two slices of whole grain sandwich bread or one potato can be part of a healthy, balanced meal, even while you are losing weight! You can enjoy an occasional dessert **WITHOUT** sugar or white flour, and be satisfied. As the transformation process continues to take place within, you will discover that **YOUR FOCUS IS NOT ON THE FOOD YOU EAT, IT IS ON THE WAY YOU CHOOSE TO EAT IT.** Your positive attitudes and right actions allow you the freedom to choose healthy foods which sustain and support the TRUE YOU.

The Phase Two Food Guide can be found on the following page.

# PRISM<sup>®</sup> FOOD GUIDE

## Phase Two

8 TO 10 EIGHT OUNCE GLASSES OF WATER,  
MINERAL WATER OR HERBAL TEA PER DAY.



**THE FOLLOWING ARE NOT ALLOWED**  
ALL OTHER CRACKERS, CHIPS, ROLLS, BREADS, POPCORN,  
WHITE FLOUR PRODUCTS, SNACK FOODS, PASTAS.

## INTRODUCTION

# PHASE II FOOD GUIDE CONTINUED

1. Women may have no less than 1,000 calories and no more than 1,200 calories per day. No more than 700 calories are to be eaten before evening or main meal.  
  
\*\*Exception: If you are a woman who weighs more than 250 pounds, or exercises regularly, you may have 1,300 to 1,500 calories per day. You may also have no more than two servings of cereal each day and count them as one grain/cereal choice.
2. Men may have no less than 1,300 calories and no more than 1,500 calories per day. No more than 800 calories are to be eaten before evening or main meal.  
  
\*\*Exception: If you are a man who weighs more than 300 pounds, does heavy physical labor, or exercises regularly, you may have 1,600 to 1,800 calories per day. You may also have no more than two servings of cereal each day and count them as one grain/cereal choice.
3. You must write down any and all foods you eat and their caloric value on a Food Journal Sheet every day. This completed Food Journal Sheet will be turned in to your leader or accountability partner on a weekly basis.
4. You must weigh, measure and accurately count caloric values of any and all foods you select.
5. Liquid beverage meal replacements are NOT ALLOWED.
6. Any Food Bars, Breakfast Bars, Granola Bars, etc. are NOT ALLOWED.
7. ALL dessert products are NOT ALLOWED, with the exception of **sugar-free** diet jello in moderation, and sugar-free, white flour-free frozen (or pudding) desserts.
8. Sugars, brown and white, are NOT ALLOWED unless **listed at least fifth** as a partial ingredient in foods.
9. Diet sodas, coffee, tea and sugarless gum are allowed. You must count their caloric value. Artificial sweeteners are allowed in phases one and two only, but are not recommended.
10. Gravies are NOT ALLOWED.
11. Popcorn rice cakes, mini rice cakes, flavored rice cakes, white flour snack foods and popcorn are NOT ALLOWED.
12. Vitamin supplements should be taken daily in the form of Multivitamin plus B-Complex.
13. You may have no more than 1/4 cup of oat bran or wheat bran per day. You must count the caloric value.
14. No deep fried or breaded foods are allowed, including fried rice.
15. COMMUNION IS SACRED AND PART OF WORSHIP. BREAD FOR THIS PURPOSE IS ALLOWED IN ALL PHASES OF THIS PROGRAM.
16. IF YOU HAVE TO ASK YOURSELF WHETHER IT'S ALRIGHT TO EAT IT – DON'T!

**PERSONAL EVALUATION**

1. Describe the feeling you have about beginning Phase Two of this program.

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2. In what ways will your new Agreement of Resolution affect your progress in the program?  
How do you feel about that?

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3. What specific things about this program have helped contribute to your commitment and success thus far?

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4. What changes do you hope to see in your eating behavior during the next six weeks?

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5. Who or what is your main source of support right now?

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## **INTRODUCTION**

6. Describe how you feel about what you have achieved the last six weeks. What will these things mean to you personally for the rest of your life?

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## **OPTIONAL SCRIPTURE READING:**

### **I CORINTHIANS 6:12-13**

*“I can do anything I want to if Christ has not said no, but some of these things aren’t good for me. Even if I am allowed to do them, I’ll refuse to if I think they might get such a grip on me that I can’t easily stop when I want to. For instance, take the matter of eating. God has given us an appetite for food and stomachs to digest it. But that doesn’t mean we should eat more than we need. Don’t think of eating as important, because some day God will do away with both stomachs and food.” (The Living Bible)*

### **RUTH 2:12**

*“May the Lord reward your work and your wages be full from the Lord, the God of Israel, under whose wings you have come to seek refuge.” (Boaz speaking.) (New American Standard Bible)*

***THIS CONCLUDES THE INTRODUCTION SECTION***