

**Questions? Contact Florey Miller** **fmiller@manateeyourchoice.com** **941-748-4501 x6410**

**Steps to get started**

1. Go to fullplateliving.org <https://www.fullplateliving.org/> Click on the green button
2. Scroll down and click on another green button
3. Fill out the box for No Charge Full Plate Living Membership, then click Sign up for free
4. A page will pop up saying,
5. Scroll down and click on the green button
6. On the right side, you will see Full Plate Weight Loss Program

Click on the blue button

1. Lessons and links are listed on this page. You can watch any or all of the lessons, however the quiz will contain questions from these lessons:
* **Lesson 1 How to lose weight and feel full**
* **Lesson 3 An Easy Way to Measure How Much Fiber You’re Eating**
* **Lesson 4 The First Habit You Need to Succeed on Full Plate**
* **Lesson 7 Supper**
* **Lesson 8 The Habit of Maintaining a Weight Loss Friendly Environment**
* **Lesson 9 Beans**
* **Lesson 10 Fruits and Vegetables**
* **Lesson 11 Cooked Whole Grains**
* **Lesson 12 The Habit of Turning Negative Thoughts into Positive Ones**
* **Lesson 14 How to Drink Less of your Calories**
* **Lesson 15 How to Snack Smarter**
1. Please take the quiz to confirm you have completed viewing the lessons, here: <https://www.classmarker.com/online-test/start/?quiz=rbx60db78bff1c07>

You must get 50% to pass. If you do not pass, you can repeat the quiz until you do pass.

Classmarker will send us a list of those who have passed the quiz. You just need to keep the certificate.