

## 7 Steps to Get Off Sugar and Carbs Course

By Susan U. Neal RN, MBA, MHS

### Syllabus

**Contact Information** for Susan: email [SusanNeal@Bellsouth.net](mailto:SusanNeal@Bellsouth.net), website [SusanUNeal.com](http://SusanUNeal.com), and Health & Wellness coaching can be found [here](#).

**Course Description and Objectives:** This course helps participants identify and resolve root causes for inappropriate eating. Once an issue is resolved, self-control grows. Spiritual tactics to utilize God's power are emphasized to help make changes easier. The physical, emotional, and spiritual components of this course are highly effective for making life-long positive lifestyle changes.

**Materials Needed:** You need to purchase the mega book [Healthy Living Series: 3 books in 1](#) by Susan U. Neal, separately. You can purchase the book online at [Barnes & Noble](#) or [Amazon.com](#). If you already have one or two of the books included in this mega book ([7 Steps to Get Off Sugar and Carbohydrates](#), [Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates](#), or the [Healthy Living Journal](#)) you only need to purchase the book you do not own. The print book is recommended so you can fill in the blanks inside the book.

### INTRODUCTION

**Review or Print Course Syllabus.** Date completed: \_\_\_\_\_

**Watch the Introductory Video** (8 minutes). Date completed: \_\_\_\_\_

**Join the Private Facebook Group** [7 Steps to Get Off Sugar, Carbs, and Gluten](#). Susan is available to answer your questions in this group.

**QUIZ:** Agree with the disclaimer. (**Mandatory** to complete before proceeding with the course.)

### STEP 1

**Read Before Watching Step 1 Video.** Date completed: \_\_\_\_\_

- Introduction and chapter one (called Step 1) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session I: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- Peruse the first thirty pages of the *Healthy Living Journal*—fill in your goals and measurements. Begin tracking your water intake, steps, and fitness.
- Begin the second half of the *Healthy Living Journal* by tracking your eating in Part 1: Week 1. This week complete Day 1–7.

**Review Step 1 Handouts** (Healthy Eating Guidelines, Bible Verse Worksheet, Step 1 Action Steps). Date printed or reviewed: \_\_\_\_\_

**Watch Step 1 Video** (20 minutes). Date completed: \_\_\_\_\_

**QUIZ:** Join the Facebook group 7 Steps to Get Off Sugar, Carbs, and Gluten by clicking [here](#).

## **STEP 2**

**Read Before Watching Step 2 Video.** Date completed: \_\_\_\_\_

- Chapter two (called Step 2) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session II: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- In the *Healthy Living Journal*, track your water intake, steps, and fitness. Write down your challenges in the Temptation/Struggle Log and how you overcome the challenges in the Victory Log. Record what you eat in Part II: Week 2 and complete Day 8–14.

**Review Step 2 Handouts** (Food Addiction Battle Strategies, Action Steps). Date reviewed: \_\_\_\_\_

**Watch Step 2 Video** (14 minutes). Date completed: \_\_\_\_\_

**QUIZ:** Take the Candida quiz at [CandiQuiz.com](http://CandiQuiz.com).

## **STEP 3**

**Read Before Watching Step 3 Video.** Date completed: \_\_\_\_\_

- Chapter three (called Step 3) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session III: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- In the *Healthy Living Journal*, be sure to record your thoughts and feelings in the last two days, of each week's journal section (Day 6 and 7, Day 13 and 14, Day 20 and 21, etc.). Record what you eat in Part III: Week 3 and complete Day 15–21.

**Review Step 3 Handouts** (Foods to Eliminate, 7 Step Plan, Action Steps). Date reviewed: \_\_\_\_\_

**Watch Step 3 Video** (15 minutes). Date completed: \_\_\_\_\_

## **STEP 4**

**Read Before Watching Step 4 Video.** Date completed: \_\_\_\_\_

- Chapter four (called Step 4) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session IV: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- In the *Healthy Living Journal*, track your binge eating in the Binge Eating Tracker. Record what you eat in Part IV: Week 4 and complete Day 22–28.

**Review Step 4 Handouts** (Food Options, Binge Eating Tracker, Action Steps).

Date reviewed: \_\_\_\_\_

**Watch Step 4 Video** (14 minutes). Date completed: \_\_\_\_\_

**QUIZ: Subscribe to the Healthy Living Blog** to get recipes and healthy lifestyle tips. Click [here](#) to go to the blog, and fill out the “Sign Up to Receive Updates” form on the right side of the page.

## **STEP 5**

**Read Before Watching Step 5 Video.** Date completed: \_\_\_\_\_

- Chapter five (called Step 5) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session V: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- In the *Healthy Living Journal*, figure out which foods may be causing inflammation in your body. Document those foods in the Issue Tracker. Record what you eat in Part V: Week 5 and complete Day 29–35.

**Review Step 5 Handouts** (Seven-Day Eating Plan, Five-Step Food Addiction Plan, Action Steps). Date reviewed: \_\_\_\_\_

**Watch Step 5 Video** (15 minutes). Date completed: \_\_\_\_\_

## **STEP 6**

**Read Before Watching Step 6 Video.** Date completed: \_\_\_\_\_

- Chapter six (called Step 6) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session VI: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- In the *Healthy Living Journal*, record things you are grateful for in the Gratitude Log. Record what you eat in Part VI: Week 6 and complete Day 36–42.

**Review Step 6 Handouts** (Sample Grocery List, Curb the Sweet Tooth, Action Steps). Date reviewed: \_\_\_\_\_

**Watch Step 6 Video** (19 minutes). Date completed: \_\_\_\_\_

## **STEP 7**

**Read Before Watching Step 7 Video.** Date completed: \_\_\_\_\_

- Chapter seven (called Step 7) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session VII of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.

**Review Step 7 Handout** (Action Steps). Date reviewed: \_\_\_\_\_

**Watch Step 7 Video** (10 minutes). Date completed: \_\_\_\_\_