

HOW TO COMPLETE THE COURSE

About the courses :

Where to find :

<https://www.bariatricfoodcoach.com/course/duodenal-switch-sadi-sips-essentials/>



You can also scan this QR Code with your camera on your cellphone to take you to the course!

COMPLETE EACH LESSON ON YOUR OWN (7 LESSONS)

- o Scan the QR code (above) to access
- o Bring this handout to all COURSES
- o Write down notes from each lesson
- o Write down questions to ask during calls to reach out to Steph
 - email : steph@bariatricfoodcoach.com
 - BFC Premier Community : [send private msg](#)

L E S S O N C H E C K L I S T

One

Two

Three

COURSE QUESTIONS

Lesson One: DS, SIPS/SADI Anatomy - Benefits and Considerations

Lesson Two: Program Differences, Diet Progression, and Recipes

Lesson Three: Fluids and Hydration

L E S S O N  C H E C K L I S T

Four

Five

Six

Seven

COURSE QUESTIONS

Lesson Four: Stalls and Other Common Worries

Lesson Five: Weight Loss Expectations

Lesson Six: Vitamins and Labs

Lesson Seven: Research and Maintenance