

EBENEZER

WEIGHT-LOSS & METABOLIC RESET PROGRAMME

RESET • RENEW • TRANSFORM

A doctor-led, 12-week programme for healthy, lasting weight loss

Programme Concept & Design Framework



Lose weight safely. Understand your body. Build habits that last.

Programme lead

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1. The Programme

Our vision

“Diagnosis remains the foundation, and on it Ebenezer is moving beyond treating illness towards helping patients change how they live, above all the growing number with hypertension, diabetes and other lifestyle diseases.”

— Dr Bakahika Leonard Kururagireh, *Beyond the Stethoscope*

This programme is that vision in practice: a first step towards Ebenezer’s lifestyle clinic. It starts with diagnosis and then helps people change how they live, in the weeks between appointments.

Our goal is simple: to help adults lose weight safely — and keep it off.

Your target is agreed with the doctor. A good first goal for many people is to lose 5% of starting weight and to reach 150 minutes of activity a week.

We do it without shame and without crash diets. Participants learn how their body works, eat well with local foods and build habits that last.

Our promise: Lose weight safely. Understand your body. Build habits that last.

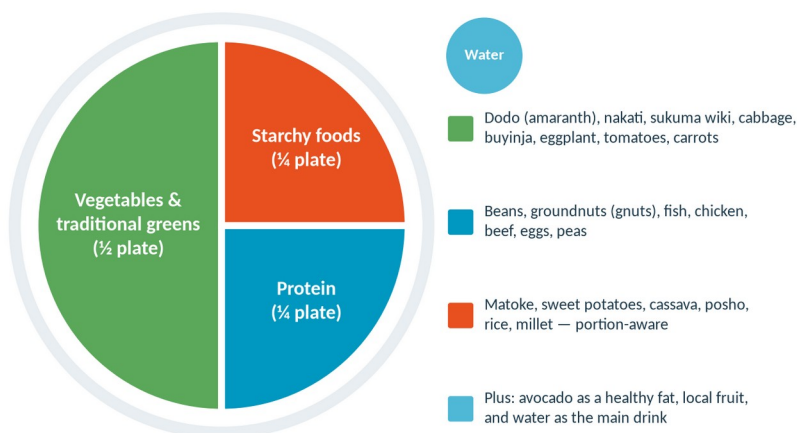
- **Doctor-led.** Every participant starts with a clinical assessment at the clinic.
- **Built on African foods.** Matoke, posho, beans, gnuts, greens — eaten the weight-friendly way.
- **GLP-1-compatible.** It works whether or not medication is part of the journey.
- **Systems, not willpower.** Small habits, repeated, make healthy choices easier.
- **Built to last.** Everyone leaves with a personal 90-day maintenance plan.

Who it is for

- Adults who want to lose weight and keep it off.
- People with — or at risk of — high blood pressure, diabetes or raised blood sugar.
- People on GLP-1 or other weight medicines, and people not on medication.

2. Eating Well with Local Foods

We do not ask anyone to stop eating African food. We teach how to eat it in a way that supports weight loss.



The Ebenezer Reset Plate

3. Three Phases, Three Books

Phase	Focus	Book and key idea
RESET Weeks 1–4	Understand your body. Set the foundations.	Beyond the Stethoscope — Dr Bakahika Leonard Kururagireh Own your story without shame. Discipline equals freedom: follow it before you feel it. Confront fear: do it scared.
RENEW Weeks 5–8	Rebuild eating, movement, sleep and stress habits.	The Compound Effect — Darren Hardy Small changes, repeated daily, add up to steady weight loss.
TRANSFORM Weeks 9–12	Make it last.	Atomic Habits — James Clear Make good habits obvious, attractive, easy and satisfying.

Beyond the Stethoscope is not a diet book. It is about ownership and discipline. Its author shares how years of work stress led to a stress-related health crisis — and how recovery began with small daily disciplines.

Reading rhythm: **Read → Reflect → Apply → Report**. Selected passages are enough; full reading is optional.

4. The 12-Week Curriculum

Week	Theme	Focus
PHASE 1 — RESET		
1	Your Weight Story	Baseline results, your goal, ownership without shame.
2	Hunger & Food Noise	Real hunger, cravings and emotional eating.
3	Build Your Reset Plate	Portions, protein and fibre with local foods.
4	Your Environment	Kitchen, shopping, work and family eating.
PHASE 2 — RENEW		
5	The Habit Loop	Cue → routine → reward: change one routine.
6	Move to Live	Walking, strength and less sitting — at a safe level.
7	Sleep, Stress & Recovery	Better sleep, less stress-related eating.
8	Mindset	Setbacks, self-talk and restarting. Do it scared.
PHASE 3 — TRANSFORM		
9	Plateaus Are Not Failure	The scale is information, not a verdict.
10	Life Without the Diet	Functions, weddings, travel and weekends.
11	My Reset System	Your personal plan for eating, moving and sleeping.
12	My Next 90 Days	Repeat key measures. Launch your maintenance plan.

Each weekly session

Weigh-in & scorecard → Teaching → Practical exercise → Group coaching → One action for the week

5. Clinical Safety

- **Before Week 1:** a doctor-led assessment at the clinic — history, medicines, weight, BMI, waist, blood pressure and blood sugar. Other tests only as clinically indicated.
- **Medication stays with the clinician.** Coaching never starts, changes or stops a medicine. Diabetes and blood-pressure medicines may need review as weight falls.
- **Modified plan or referral** for pregnancy or breastfeeding, under-18s, eating disorders, insulin use, or serious heart, kidney or liver disease.

Red flags — contact the clinic urgently, or go to the nearest health facility in an emergency:

Chest pain, fainting or severe breathlessness • low-blood-sugar symptoms (shaking, sweating, confusion) • very high blood pressure • persistent vomiting or severe abdominal pain • rapid unexplained weight loss • low mood or thoughts of self-harm.

6. Measuring Progress

Before: clinical baseline. **During:** weekly weigh-in and scorecard. **After:** repeat measures and a personal Reset Report.

Weekly scorecard	What is tracked
Weight & waist	Weekly trend — information, not a verdict
Reset Plate meals	Meals built on the plate guide, with protein and fibre
Active minutes	Aim for 150 a week, plus strength sessions
Sleep & stress	Hours, quality and stress level
Cravings & energy	Food noise and vitality, self-rated
Medication (optional)	Side-effects, shared with the clinician

7. Delivery & Fees

Lead coach	Dr Bakahika Leonard Kururagireh, Medical Director, with the clinic's clinical and lab team
Where	Ebenezer Clinic & Diagnostic Centre, Main Street, Ibanda
Format	12 weekly 1-hour group sessions, in small groups of 8–12
Between sessions	A weekly WhatsApp check-in (not a substitute for clinical care)
Missed a session?	Notes and the week's action are shared on WhatsApp; catch up at the next session
Privacy	Health details stay confidential; sharing in the group is always optional

Item	Cost (UGX)
Group coaching	35,000 per person per session, or 360,000 for all 12 upfront
1:1 coaching by video (weekdays, 11:00–16:00 EAT)	30,000 for 30 min, or 60,000 for 1 hour (introductory)
Anchor book (optional; available from 10 November 2026): <i>Beyond the Stethoscope</i>	50,000. Delivery 10,000 Ibanda town; 20,000 Mbarara, Kampala, other towns. Kindle or own copy accepted.
Clinical tests and follow-up reviews	As per the clinic price list

Group total: UGX 360,000 for 12 sessions upfront, plus the book. Clinical tests are charged separately.

Current arrangements (subject to change)

- **Next intake:** January 2027. Registration is open now, on a rolling, first-come basis.
- **When:** Saturday mornings, 9:00–10:00 a.m. A weekday evening group (6:00–7:00 p.m.) opens if demand allows.
- **How to join:** book online at the Ebenezer coaching booking page, call or WhatsApp +256 772 626 077, or visit reception. Book your baseline assessment and get the book before Week 1.
- **Payment:** per session, or all 12 sessions upfront (UGX 320,000 early bird if paid by 15 Dec 2026).
- **Tests:** baseline and end-of-programme tests are charged per the clinic price list.
- **Follow-up reviews:** 1 month and 3 months after Week 12.
- **Books:** *Beyond the Stethoscope* is optional, available from 10 November 2026. *The Compound Effect* and *Atomic Habits* are optional; their key ideas are covered in sessions.
- **Completion:** attend at least 9 of the 12 sessions.

Participants leave with

- A personal Reset System for eating, movement, sleep and stress.
- A 90-day maintenance plan.
- A Reset Report: where I started, what changed, what I will do next.

RESET the patterns. RENEW the body. TRANSFORM the way you live.

Ebenezer Clinic & Diagnostic Centre • Main Street, Ibanda • +256 772 626 077 • ebenezerclinic.org

Scan to book your coaching



<https://ebenezerclinic.org/coaching-booking/>

This document describes a programme framework and is not a substitute for individual medical advice.