



GUIDE TO WEIGHTLOSS

Why it isn't *just* the food you eat

Use this guide to help you see where you can make some adjustments in your diet and life to help you lose weight and keep it off.



Start by answering these questions:



What do I want most right now in my life?

Why is this important to me?

Does my current environment set me up for success?

Who do I need to ask for support?

What 3 goals can I set right now?

1.

2.

3.

What is the time frame to complete each goal?



Use the below 5 step guide to help you find where you get stuck in your weight loss.

WHAT YOU EAT...

- Are you eating whole foods?
- Do you limit alcohol, sugar, and fat?
- Are you eating enough protein?

HOW YOU EAT...

- Do you shovel food in a hurry to eat?
- Do you only chew your food a couple of times before swallowing?
- Do you eat too much?

WHO ARE YOU WHEN YOU EAT?

- Are you stressed?
- Are you depressed?
- Are you anxious?

WHEN DO YOU EAT?

Are you eating breakfast?

Do you eat hours after you feel hungry?

Do you eat dinner at least 2-3 hours before bedtime?

WHERE DO YOU EAT?

Do you eat in your car?

Do you eat on the couch?

Do you eat mostly at restaurants?



Next steps —



EVALUATE YOUR SLEEP:

How calming is the space where you sleep?

How many hours of sleep do you get per night on average?



EVALUATE YOUR STRESS:

How stressful is your average day on a scale of 1-10?

Do you have any self care activities that help alleviate stress on a daily basis?

Next steps —



EVALUATE YOUR WATER INTAKE:

Do you start your day with a glass of water?

Are you drinking half of your body weight in ounces every day?

LIMIT THE AMOUNT OF FOODS YOU EAT THAT ARE PROCESSED AND PACKAGED:

How many ingredients are listed on the package?
(want less than 5)

Watch out for potentially harmful ingredients such as artificial sweeteners, artificial colors, flavors, and other toxic chemicals.



If you find yourself needing more support and accountability for the journey to your best self, if you are indeed ready for a transformation, please don't hesitate to reach out to me.

We all need someone who is a professional in their area to guide and direct us toward success.

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