

WEIGHT LOSS SECRET SYSTEM

MODULE 1: UPGRADING MOTIVATION

Goals Assessment

Long-term goal (1 year from now)

Specific

Measurable

Attainable: Yes or No?

Medium-term goal (6 months from now)

Specific

Measurable

Attainable: Yes or No?

Short-term goal (end of this program)

Specific

Measurable

Attainable: Yes or No?

**Remember, sustainable weight loss occurs at ½ lb per week.*

Measure yourself today and note it done here _____

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Your WHY Power

Will power is like a muscle that can get tired from over use. WHY power doesn't. You can tap into it whenever you are having a low moment. Ask yourself; Why is this goal important to me? Why do I want to make this change? Do this a total of 7 times.

Extra questions to consider:

What will obtaining this goal bring me?

What is meaningful about this goal?

How will obtaining this contribute to my life?

Who else will be affected?

What will you do to tap into your WHY Power every day? How will you see it every day?

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Beverage Audit & Adjustment

Water is important for weight loss because:

- If we mistake thirst for hunger we can end up eating more than we need to
- If we quench our thirst with juice, pop or fancy coffee we consume extra calories our body can't detect
- Optimal hydration is need to burn calories and fat

Think about what you drink on a daily basis and write it down. Does it vary from weekday to weekend? How can you incorporate 1 cup of water before each meal this week? How will you keep yourself accountable? Do you need reminders?

Tips & Tricks

- If you drink pop or soda, start by opting for a smaller sized can or bottle and a zero calorie one.
- If you drink juice, start diluting your juice with water. Try half juice, half water.
- If plain water doesn't suite you try teas, carbonated water, or infused water.

Outstanding questions, comments or concerns: