**Part 11 – Getting Started & Closing Words**

**Key Takeaways**

* Your success now depends on **consistent implementation** of the tools you've learned.
* There are **6 weekly tasks** that guide your journey and help you build lifelong habits.
* You can begin with a **slow start (Option 1)** or a **faster, more structured launch (Option 2)** depending on your comfort/experience level.

**Action Steps: Weekly Tasks**

1. **Track Weight & Girth Measurements** (Excel)
2. **Log Food & Drink Intake Daily** (MyFitnessPal)
3. **Track Physical Activity** (Excel)
4. **Plan Your Week Ahead** (groceries, meals, events)
5. **Apply Nutrition Strategies from Part 4 & 5**
6. **Analyze Check-In Results Weekly**

**Getting Started: Two Options**

**Option 1 – Beginner (Recommended for Most)**

* **Week 1: Awareness Phase**
  + Track without changing anything
  + Reflect daily on how close you came to your targets
  + Plan the following week based on your notes
* **Week 2: Implementation Phase**
  + Apply changes based on Week 1 reflections
  + Continue tracking and planning
* **Week 3 & Beyond: Full Program**
  + Implement all 6 weekly tasks
  + Start analyzing your results using Part 8 guidance

**Option 2 – For Experienced Trackers**

* **Week 0: Full Prep Phase**
  + Build your full meal plan in advance using Part 4 methods
  + Grocery shop, meal prep, and pre-log the week (optional)
* **Week 1: Full Implementation**
  + Begin logging, measuring, tracking workouts
  + Take notes if anything didn’t go according to plan
* **Week 2 & Beyond: Full program**
  + Stick to the 6 tasks, review check-in data, and adjust

**Common Mistakes to Avoid**

* Skipping planning—this one habit supports every other one
* Expecting perfection rather than aiming for consistency
* Giving up after one tough week instead of adjusting

**Closing Thoughts**

* This course was designed to empower you with tools for **lasting change**.
* Whether you continue alone or seek more support, **the path is now clear**.
* If you want more guidance, book a coaching call or explore one-on-one coaching.
* Remember: **progress over perfection**, and never underestimate the impact of small daily wins.

**Video Timestamps**

00:00 Weekly Tasks

01:13 Getting Started: Option 1 (Recommended for Beginners)

04:29 Getting Started: Option 2 (Experienced Trackers)

08:00 Closing Words