



Personalized Weight Loss Guide

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Congratulations

You have taken the first step to becoming a healthier individual you want to become. This is your personalized guide to assist you in hitting your weight loss goals.

Remember good things take time and hard work, to achieve!

This Guide Will Outline

- Your Individual Diet Numbers
- How Fat Loss Works
- Methods For Calorie And Macro Tracking
- Hand Size Portions
- What To Eat
- Diet Smarter
- Skills To Acquire
- Signs Of Progress
- Making Adjustments
- Some Tips And Mindset Changes
- How To Maintain Weight Loss

There is a lot of information in this guide, keep it handy, just incase you need to refer back for later use.

You Got This!



Calculations

Below you will find the factors, I used to determine your unique caloric needs to reach your weight loss goals. These are estimations based off your starting point, overtime as your body changes and make lifestyle alterations, modifications are likely needed.

About You

AGE

SEX

WEIGHT

HEIGHT

Activity Levels

Light

Your Goals

- Feel Better
- Confident
- Lose Weight
- Maintain Weight Loss

WEEKLY WEIGHT LOSS

1.65

GOAL WEIGHT

165

Your Diet Numbers

CALORIE BUDGET

1300

PROTEIN

97 g

CARBS

130 g

FAT

43 g

Macros Nutrient Ratio

30 %
Protein

30 %
Fat

40 %
Carbs

How Weight Loss Works

Weight loss at its core is about creating a calorie deficit, consume less calories from food, than your body burns in a day. *Calories In < Calories Out = Weight Loss*

Calories Burnt

Everyday you expend a certain amount of calories to function. This is split up into four categories generally.

- BMR | Bare minimum amount of calories to maintain vital bodily functions, think calories burned while asleep.
- TEF | Amount of calories required to break down and process the food we eat.
- EA | Calories burned while performing exercise activity.
- NEAT | Calories burnt while doing everything else in a day, like walking, cleaning the house, fidgeting, standing, etc.

Add these factors up and you get your total daily energy expenditure (how many calories you burned) EA and NEAT are the daily factors you can affect most.

Calories Consumed

Based on the macro nutrient, your body can absorb a certain amount of calories. The total calories from a serving food can be calculated by adding up the macros

- Fat has 9 calories | per gram
- Carbohydrates have 4 calories | per gram
- Protein has 4 calories | per gram
- Alcohol has 7 calories | per gram

Add everything consume in a day and you get your total calorie intake.

Math of Fat Loss

If your in a calorie deficit, the body has to get calories from somewhere, ideally from stored body fat.

A pound of stored fat contains around 3,500 calories.

So if you create a -3500 calorie deficit, by eating less and or moving more, you will lose rough-

Hitting Your Targets

To achieve your weight loss goals you must focus on staying within your daily *calorie budget*.

Almost everything you consume has some caloric cost, for every bite, sip, and lick your calories begin to add up. It can be very easy to underestimate the amount of calories you are consuming and easy to overestimate calories burned during exercise. Leading to slow or no progress when dieting.

Most people are unaware to the calorie and macro content of the foods they eat, because they have never tracked or paid attention to their intake. That is why it is important to have different methods to more accurately assess the amount of calories you are consuming. From the data you collect, you are able to make better food choices, more aligned to your weight loss goals.

Methods

- Reading nutritional labels
- Portion control with your hands
- Using a food scale and measuring cups

How Fast Can I Hit My Goal: How fast you can hit your goal weight is dependent on how consistent you can adhere to your plan and maintain a calorie deficit.

Generally fat loss will be fastest when you first start dieting and as you become leaner it will slow and more adjustments will be needed. If your starting weight is higher, you can be more aggressive with rates of weight loss a week.

A realistic rate of weight loss can range from 1.5% (extreme) to .5% (comfortable) body weight per week.

For a 250 pound man that's 3.75 pounds to 1.25 pounds a week.

For a 160 pound woman that's 2.4 pounds to .8 pounds a week.



Tracking Your Calories

One of the most common reasons diets fail is the fact that people think they are eating less calories than they actually are. You need methods to more accurately gauge your intake, besides just guessing what you ate.

Reading Nutrition Labels: You may start by trying to hit your goals just by reading labels and looking up nutrition facts online. Just bringing more awareness to what you eat, can bring you big results

Keep track of the calories you consume on a paper, note app, or a calorie tracking app and try to stay under your calorie budget.

Food Scale And Measuring Cups: If you want to be as accurate as possible it is best to pull out a food scale and some measuring cups to hit your calorie and macro targets precisely.

I suggest everyone use a food scale at least for a week or two at some point, it can be truly eye opening to see what the actual serving size of foods are.

While using a food scale it best to use a calorie tracking app as well, like [MyFitnessPal](#).

Most people (even health professionals) are not very good at estimating calories because they have never truly tracked with extreme precision. Knowing how to use a food scale can be invaluable skill, especially if your progress stalls.

Hand Size Portion: The food scale thing might be too overwhelming for some people, If that's the case for yourself try using your hands to portion meals.

This is a reasonably easy method to track your eating and for some can be just as efficacious as using a food scale.

Which Is The Right To Choose?: There are some pros and cons with each of these methods. Each has its place in successfully dieting and achieving goals. I think trying each out at some point is beneficial.

Start with the one you can adhere to most, and gives you the results you seek.

As you lose more weight you may need to employ more precise techniques to maintain progress.

Activity

Your calorie calculations were determined based off your current activity levels. If you increase or decrease the amount of activity you do, your rate of weight loss will change. If you were to increase the amount of activity you do and keep hitting your calorie target, you would lose more than I estimated.

“You can’t out run a bad diet” I am sure you have heard this before. Generally what happens is people will tend to overestimate the amount of calories they burned from doing cardio and underestimate calories they eat (we solve this by tracking data), a perfect storm.

They feel like they burned 1,000 calories from their 40 min bike ride, realistically they burned 300-400 calories.

I make this point to be cautious of adding back in calories based off of what you think you burned during exercise. I am not saying don’t add any food back in, just be aware that the number on a machine may not be accurate as you think.

I think it’s a good idea to track your activity levels so later on if you need to make adjustments you have data available. You can track with a fitness watch, your phone, or just remembering what you do.

Its good to have routine of weekly activity, so you have a baseline to adjust from. This might be (x) amount of daily steps and (x) cardio sessions a week. If progress stalls you can adjust as needed.

Activity Ideas: Getting active doesn't mean you have to do some grueling 60 min cardio sessions or 20 min HIIT workouts. Find something you enjoy doing to get active.

I suggest starting with what you can stick with for a while. If that’s a 20 min daily walk, or if that's 30 min daily bike ride, just get moving.

On top of doing cardio, it also a good Idea to incorporate some form of strength training into your plan. Lifting weights while dieting can help preserve muscle mass, which is what you want. If you loose most your weight from fat that’s a good thing.



Hand Sized Portions



Serving of Protein
1 palm



Serving of Vegetables
1 fist



Serving of Carbs
1 cupped hand



Serving of Fats
1 thumb

	Hand Portions	Calories	Macro Nutrients	Measurement Estimate
Protein	1 palm	140	30g protein 2.5 g fats	3-4 oz of cooked meat 1 scoop protein powder
Vegetables	1 fist	25	5g carbs 1.5g protein	1 cup of vegetables
Carbs	1 cupped hand	120	25g carbs 3g protein	1/2 2/3 cup cooked grains 1 medium fruit potato
Fats	1 thumb	110	11 g fat 2 g protein	1 tbsp nuts, oil, seeds

These numbers are approximations. Using your hands as a measurement tool is not about being extremely precise, it is about having an easy method to get close enough to your targets.

Why Use Your Hands

Hands are simplified method for estimating calorie and macronutrient intake.

Hands are consistently the same size, meaning your portion sizes will be the same, allowing for easy portion adjustments if needed.

Hands are portable, allowing you to portion control and calorie count a meal even when you are away from home.

Your Hand Portion Targets



4 palms of protein
(or 97g)



6 fist sized portions of vegetables



5 cupped handfuls of carbs
(or 130g)



4 thumb sized portion of fats
(or 43g)



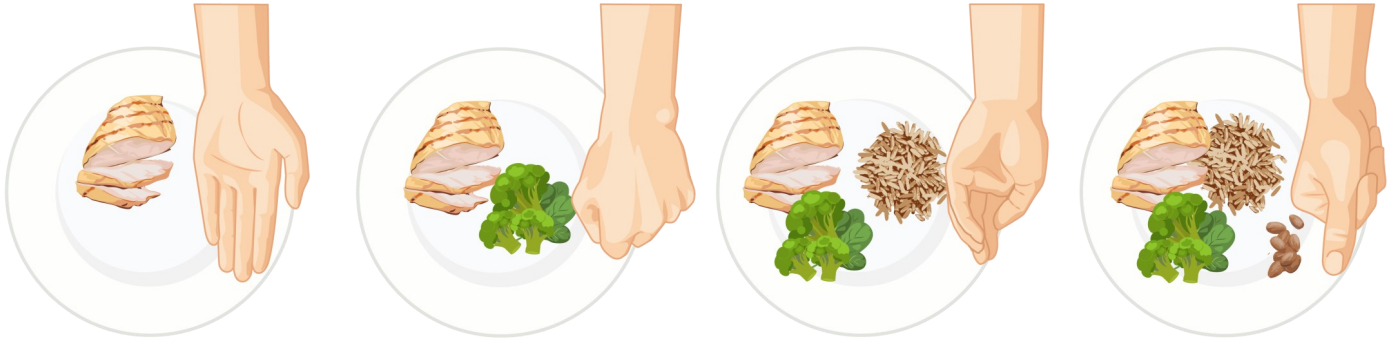
This will provide you with roughly 1300* calories , which is the caloric budget, we determined, you need to hit to achieve your weight loss goals.

Split the portions amounts through out the day into meals and snacks in a way that best suits you.

The macro amounts are your targets if you decide to use a food scale.



How to track



Through out the day, as you build your meals, have snacks, you need to keep track of your intake.

This meal above has one serving of protein (chicken breast) one serving of vegetables (broccoli) one serving of carbs (brown rice) one serving of fats (almonds).

Based off the hand portion estimates a meal built this way would contain roughly (400 calories 35 grams of protein, 30 grams of carbs, 13 grams of fat)

On the next page you will find a tracking sheet with your targets. Try to hit your targets as consistently as you can, to get the best results.

When you have a portion you could track it by drawing a circle on your sheet under the specific macro source. Half circles could mean half a portion. Or you could use numbers, check marks, whatever you want.

Just be sure to have a system to track intake with.



Hand Portion Tracking Sheet



Protein



Vegetables



Carbs



Fats

Calories Per Portion	140	25	120	120	
Per Day					Calorie Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Choosing What To Eat

It is easy to fall into the trap of black and white thinking, while dieting, labeling foods good or bad. When dieting, choose to have a more flexible attitude with foods, think of foods on a spectrum of more ideal to less ideal.

The foods that fill you up most and provide plenty of nutrients are more ideal. The less ideal choices being hyperpalatable (easy to over eat) foods that are high in calories, low in the nutrients, and don't fill you up as much.

People like to say if you don't avoid certain foods you won't lose weight. You could eat only twinkies and still lose weight, definitely not ideal, but still possible. Rather than excluding less ideal foods completely from your diet, just choose to have them less often. Being too rigid and only eating diet foods for weight loss can lead to failure in the long run, because it is not sustainable.

If you hit your protein target and want to have some of your carbs and fat intake from less ideal foods that's fine.

Long term success is about trying to make better choices, find that happy medium of healthy and fun foods, What you can do consistently to maintain your health. If you need a kit kat or some ice cream once a while, have it and just move on.

One ice cream cone, one glass of wine, one decision, one day, won't define being successful, rather the sum of your dietary choices over weeks and months.

In the end it is your choice, you want to have less ideal "fun" food while dieting because you can be more consistent, with your overall diet, that's fine.

If these fun foods prevent you from hitting your goals faster, its ok not to include them as well. There is no rule saying you have to eat less ideal foods. Do what works best for your goals.

Eat more lean protein, veggies, fruits, complex carbs, healthy fats, fiber, do that and you got a fairly robust diet.

On the next pages you will find a list of foods. Pick the foods you enjoy most and incorporate them into your diet.

Protein Carbs and Fats Sources

LEAN PROTEIN



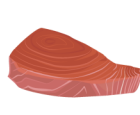
Egg Whites



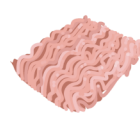
Pork tenderloin



Chicken Breast



Tuna



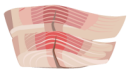
Ground meat
96% lean



Cod



Casein /
Whey protein powder



Tilapia



Shrimp



Scallops



Mussels



Boneless Skinless
Turkey Breasts



Halibut



Other Lean
Cuts

MIXED PROTEIN



Eggs



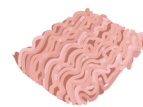
Pork chops



Flank steak



Chicken thighs



Ground meat
93/7% lean



Milk



Fat free
cottage cheese



Greek yogurt
Islandic yogurt



Edamame



Tofu



Protein bars



Salmon

CARBS



Beans and
lentils



Oats



Quinoa



Sweet potatoes



Potatoes



Plain kefir



Whole-grain, black
and wild rice



Corn



Fresh or
frozen fruits



Milk



Plain yogurt



Whole grain
Baked goods



Fresh or
frozen veggies

FAT



Extra virgint
olive oil



Walnut oil



Avocado oil



Sesame oil



Oil based
salad dressings



Egg yolks



Cheese



Almonds



Pecans



Cashews



Nut milks



Nut butters



Butter

Vegetables

GREEN



Chinese cabbage



Green beans



Broccoli



Spinach



Snap peas



Iceberg lettuce



Cabbage



Asparagus



Celery



Brussels sprouts



Green peppers



Cucumbers



Romaine lettuce



Collards



Arugula



Kale

PURPLE



Purple cauliflower



Purple carrots



Purple peppers



Eggplant



Rutabaga



Purple cabbage



Purple asparagus

RED



Tomatoes



Beets



Red peppers



Red leaf lettuce



Rhubarb



Red cabbage



Radicchio



Red onions



Radish

YELLOW



Carrots



Pumpkin



Orange peppers



Yellow beets



Butternut squash



Acorn squash



Summer squash



Yellow carrots



Yellow peppers

WHITE



Cauliflower



Onions



Shallots



Garlic



Mushrooms



Jerusalem artichoke



White carrots

Diet Smarter

Control Your Food Environment: This is probably the most impactful thing you can do to make dieting easier. Fill your kitchen with foods that align to your goals and remove the ones that don't. Out of sight, out of mind. Only buy what you intend on eating. Maybe before starting your diet do a kitchen clean out!

Buy Pre Packaged/Cooked Meals: Don't have time to weigh out your food or meal prep. Stock up on pre package meals. Think Protein bars, lean cuisine meals, Greek yogurts, frozen vegetable bags. The calories with these meals are close, making it an easy way to stay with in your calorie budget.

Eat The Same Meals: This might mean every day you make the same protein shake for breakfast and eat the same chicken salad for lunch. You know exactly how many calories are in those meals and don't have to worry about looking it up each time. Also reducing the amount of decisions you have to make for your diet.

Meal Prepping: If you have food that's fits with your weight loss goals on hand when life gets busy, your much less likely to fall off your diet. meal prep on days when you have time to or subscribe to a meal prepping service.

Bulk Cook Foods: Instead of worrying about making complete meals, consider preparing large quantity's of individual ingredients. Pre cook a whole package of chicken breast, bake loads of veggies, steam a few cups of rice, etc. Have these bulk ingredients cooked and ready to throw a meal together quickly.

Find Lower Calorie Options: They have gotten pretty good making tasty diet friendly foods. Are you craving ice cream, try one of the lower calorie options out there (halo top, enlightened, etc.) Craving a soda, try out the diet version. These lower calorie options are still good enough to satisfy cravings sometimes and keep you on your diet. Artificial sweeteners are fine as long as you don't get an upset stomach from them. Remember Dieting is about making better choices.



Skills

Achieving weight loss and keeping it off will require development of new skills. Here are some key ones and ideas of how to practice them.

Keeping Active

- Set an exercise schedule
- Find exercises you enjoy
- Move more outside of exercise

Rest and Recover

- Improve sleep habits and environment
- Manage stress levels

Calorie Intake Matches Goal

- Tracking food/calorie intake
- Gather data make alterations when needed

Create an Ideal Environment

- Stock your kitchen with ideal foods
- Surround your self with positive people
- Remove obstacles from you life
- Ask for help
- Get the tools needed

Manage Eating Habits

- Eat slowly and mindfully
- Observe hunger and fullness cues
- Develop eating routine
- Separate eating for hunger from stress eating.

Eat Nutritiously

- Eat lean protein most meals

- Consume plenty of veggies and fruits
- Eat more complex carbs
- Healthier fat consumption
- Stay hydrated
- Supplement when needed

Planning and Prioritizing

- Make time
- Focus on the most impactful next step to hit your goal/s

Make It Easier

- Break your goal down into small effective steps
- Lean into your preexisting strengths
- Identify limiting factors

Choose Higher Quality Foods

- Eat less processed diet
- Add more whole foods
- Try new foods
- Choose better options based off your current food choices



Indicators of Progress

It is important to look for improvement in many different aspects of your life. No matter how big or small, progress is progress!

Scale Weight: The scale itself is a great tool to track weight loss, it is *normal* to have weight fluctuations day to day. I suggest getting a smart scale that will graph all your data. To gather the most accurate data, weigh in under the same circumstances. Ideally in the morning, in your underwear, after using the restroom, and fasted.

Photos: Taking photos can be a great way to see the changes in your body even when scale weight may be stalling. To make the photos are an accurate measure of progress, try taking them in the same conditions. Take the photo in the same lighting environment and same clothes. You might take photos once a week

Feeling Better: On top of looking better and weighting less you also want to feel better. That might mean you are sleeping better, have more energy during the day, able to exercise more, stress reduction, overall mood improvement, or just feeling more confident. Try keeping a journal and look for improvements over time.

Health Markers Improving: Blood markers are a great objective measure of progress. Look for improvement in blood lipids, glucose levels, blood pressure. I suggest getting routine blood work at least two-times a year to track health improvements. Please check your blood more than you check the oil in your car.

Habits Are Changing: Lasting change means adopting a new normal. Have you been exercising regularly, are you meal prepping more often, eating veggies more often. Are you snacking less often? Is your lifestyle more conducive to where and whom you want to become? Every now and then take a moment to think about the progress you have made.

How Clothes Fit: You start needing to purchase new clothes because they don't fit like they used to.

Weight Loss Plateaus

Like I said, if you are weighing yourself daily, please be aware the number on the scale will fluctuate up and down (lbs. sometimes). *Try not to let it bother you! Don't* be overly quick to change your diet plan.

There could be a host of reasons your body “weight” fluctuates day to day. Some might be, you had a stressful day, your dehydrated, a high carb meal, higher salt intake, larger meal the day before, constipation. The scale weight fluctuations most of the time come down to something causing water or food retention.

Let this highlight the fact there is a difference between “weight gain” and fat gain. Pay attention to scale weight trends overtime (weeks), not one day.

Sometimes you just have to be consistent with your plan and be patient and the weight loss will follow eventually. How aggressive your dieting and depending how long you have been dieting will dictate when you might need to make changes.

If over a week or two, when you first begin your diet you don't see any changes you can be quicker to make adjustments.

If you have been dieting for a while or your going for a slower rate of weight loss you may want to wait three to four weeks before making adjustments.

Why Weight Loss Slows Or Stops: One reason could be your eating more than you think you are, and are no longer in a calorie deficit.

Another is the fact your calorie budget was determined from your starting weight and activity levels. As you get closer to your goal weight, the amount you lose will slow.

As your body weight drops, the total amount of calories you burn in a day goes down. Meaning the size of your calorie deficient will be smaller compared to when you first started dieting. This is not metabolic damage, just the fact smaller people burn less calories.

Some peoples bodies will adapt to dieting by moving around less. That why I would suggest keeping a daily/weekly step count to combat some of this adaptation.

A weight loss plateau is a sign that you have made progress, not that you failed.



Your Goal: Dieting generally will get harder the leaner you try to get. Keep this in mind, if you had x weight as your goal, maybe being x lbs. heavier is where you actually want to be at, because it's sustainable for you. Maintenance can be just as hard as dieting.

Be flexible with your goal. Remember weight loss is more than just a number on a scale; it is also about how you feel, look, and what you can sustain long term.

There might come a point where it is a better idea to work on maintaining your weight loss rather than continuing to push to lose more. This is a decision you get to make, based off your physical and psychological state at that point in time.

Adjustments: Before you change anything, do a dietary and activity audit, have you been eating more, not tracking as accurately, have your daily activity levels decreased? You got to be honest with yourself and adjust based off your assessment. Maybe you don't need to make any adjustments, just be more consistent overall or more precise.

If you want to continue making or speed up progress you can either reduce food intake or try increasing activity. Choose what works best for you. After making changes you must wait and see if progress follows.

Reduce Calories

Reduce your daily calorie budget by 200.

Remove the calories from either fat or carb servings. Keep protein intake the same.

In hand size portions you would take 1-2 servings from either thumb or cupped hand portions.

Add Activity

Add in 20 mins of cardio

Add in 30 - 40 min of more walking (NEAT)



Hungry all the time?

When you first start dieting, most of the time, hunger is not a problem. As you get deeper into a diet you will become hungrier and hungrier. Here are some ways you might try to alleviate some of your increased hunger,

- Depending on your goal time frame, it might be a good idea to have a free meal where you get to have what you want to eat, to take a break from dieting! Giving you a mental reset.
- If you're consuming calories from liquids, swap them out for whole foods you have to chew instead.
- Add more protein and or vegetables to your diet by replacing a serving of carbs or fat.
- Be sure you're consuming plenty of fluids, this can be water, zero calorie drinks, tea, etc. You want to be staying hydrated.
- Reduce the amount of "fun foods" in your diet (candy, ice cream,) these foods are calorie dense so they won't fill you up as much as chicken or broccoli would.
- If sleep is not great and stress is high, you might want to work on improving it to help reduce hunger.
- Try increasing fiber intake, through swapping out low fiber content foods for high fiber ones or using supplements if you're still trying to find high fiber foods you like. Be careful too much fiber can cause GI distress.
- Find something that engages you, to take your mind off food.
- If you are scarfing down meals rapidly, practice slowing down the pace of your eating.
- Caffeine (coffee with zero sugar sweetener is low calorie way to get a cup of coffee in)
- Exercise might be helpful, but too much can increase hunger

Even with all these tips, there will be times when you're going to be a little hungry.

Tips

What Helps You Hit Your Goal: Is watching Netflix all day conducive to you losing weight? Buying foods you might over eat? Always ask yourself “does this get me a step closer or a step further from where I want to be”. Focus on what drives progress toward your goal.

Remember Your Why: At those moments when you want to give up, remember what's pushing you to be different. Is it for health, your special event, want to feel more confident. Having a strong reason to want to change will get you through the tough times and low motivation moments.

Reward Yourself: Changing your habits is hard, but what makes it easier is making yourself feel good when you accomplish something that helps you reach your goals. You go for a walk, after that walk, tell yourself “good job!” You meal prep for the first time, pat yourself on the back. You may not always have supportive group around you to tell you good job, but you have yourself. When you praise yourself for ideal behaviors or habits, your much more likely to adopt them long term.

Take It Day To Day: If weight loss was easy everyone would do it. There will be ups and downs to your weight loss journey, but when you break it down to “one day at a time” you make hitting your goal/s much more manageable. Three months of dieting can seem daunting, but one day “that’s doable”.

Enjoy The Process: Living a healthy lifestyle is a life long commitment, learn to enjoy the day to day tasks and foods that help you achieve and maintain your new healthy lifestyle. If your able find enjoyment in the process of what you do and eat daily, your much more likely to stick with it for the long run.

Stay Flexible: When you first start dieting you may be able to be extremely rigid and compliant to your plan to lose weight, but life is bound to intervene at sum point. Learn to adjust your plan according to setbacks and continue making progress.

Find What Works For You: One size does not fit all, there will always be a new diet and weight loss programs that promises “this is the magic pill”. You must find what strategies, foods, activities, gets you results.



Mindset Change

Changing how you think about situations and yourself is a great way to promote change in your life.

Be Ok With Being Uncomfortable: Change is not always easy, there will be points in your journey when you will face challenges that will push you out of your comfort zone. Whether it be altering existing eating habits, intensely exercising, delaying gratification, not partying as much, being hungry, etc. In the moments you step outside of your comfort zone, you experience the most potential for growth.

Failing Is Ok: To find what works in your life, you will have to test out different things, inevitably leading to failure. There might be a week where you fall off your diet and gain some weight. Instead of focusing on the negative, make it a positive. Look at a slip up as an opportunity to learn. Every mistake helps you get one step closer to your goals because you find out what doesn't work for you.

Aim For Better: Instead of trying to be perfect all the time, try to be better. Imperfect action is better than no action. This might mean going for a 5 min run instead of no run. Having a smaller slice of cake, instead of a huge one, changing your regular soda to diet, adding one more serving of vegetables to your diet, etc. These small wins may seem insignificant, but over time they compound into you reaching your goals.

Don't Be A Statistic: Nowadays all you hear is how hard dieting is and how it is impossible to keep weight off. Choose to be different from the norm and create your own path. Nothing is written in stone, you can accomplish anything no matter the odds.

You Can Achieve Anything: No matter your starting point, as long as you are able to continue to try, you can hit your goal. If you have never dieted, you can get better. Never exercised before, you can improve. What you want to achieve is possible when you put in effort.



How To Keep The Weight Off

Congrats you hit your goal, now what? Well I hate to say it “keeping it off can be just as tricky as losing it”. Think of maintenance as a range, it may change from week to week, up some down some. When you gain back more than you like, just do mini diet.

To maintain your new weight, *you can't revert back to old habits and behaviors* that caused you to gain the weight in the first place. You must build a new normal conducive to weight loss maintenance. Here are some good habits that help with maintaining your new weight

Watch Out For Regain: One of the greatest predictors of people who keep weight off is daily check ins. This might be from weighing yourself on a scale, noticing how cloths fit, looking in the mirror, etc.

Eat Most Meals With Protein And Vegetables: Eating this way helps you stay full, satisfied and hits those dietary check boxes for better overall health.

Keep Up An Active Lifestyle: Remaining active allows you to consume more calories at your new weight, making it much easier to maintain.

Be Around Healthy People: Your habits are shaped by those you spend most time with.

Establish New Goals: Train for a marathon, try to build muscle, learn to cook healthy meals, make goals that are conducive to keeping the weight off and give you something else to work towards.

Eat Out Less: which allows you to have more control and idea of what is going into the food you eat. Generally speaking meals in restaurants are higher in calories.

Reduce Stress: Too much stress can lead to an increase in eating those comfort foods, and falling back into old habits.

Create Some Type Of Accountability: Schedule check ups with your doctor, coach, or a friend.

Keep Healthy Foods At Home: If you want a snack food you can go and get it. Keep your eating environment filled with highly nutritious foods that are less likely to be over eaten.



Closing Word

To become the healthiest version of yourself is going to take time and effort. It won't only be about transforming your body but also your mind. Don't try to rush results, it is not a race rather a marathon.

Sometimes it is going to be hard, *but that's ok.*

Practice self compassion when trying to hit your goal remember your not a robot and probably will make some mistakes. Just like many other things in life the more you practice the better you get.

Sometimes it can be paralyzing trying to be to perfect in order to achieve your goals, remember progress is about being better overtime, not perfection. Take it step by step, day by day. At a some point all your hard work will pay off!

Do more, rather than thinking about what to do!

If you really want to change all you have to do is continue *TRYING*, eventually you find that secret formula that works for you.

Life is about choices

There will always be distractions or reasons not to change. Take actions today that make your future better. Choose to focus time and energy on what's important to you.

If you have a slip up remember, there is always another day to get better.

