|  |
| --- |
|  |
| **9 Tips for Success**   1. Drink **8 Glasses of water** a day. 2. **Get rid of ALL trigger foods** – either hide them or dump them. 3. Avoid soda, alcohol, and other empty carbs. 4. Plan a workout schedule and **STICK TO IT**. Need ideas? [www.dailyhiit.com](http://www.dailyhiit.com) Find a way to fit exercise in even when it's not ideal or has to be shortened or modified. *Just move!* 5. Weigh yourself and take your measurements **first thing in the morning**, before you eat. 6. Measure the largest parts of these body areas, and measure the same place each time:   chest, waist, hips, thighs (upper and lower), calves and arms (don’t flex).   1. Take reference photos from the front, side and back in a bathing suit or bra top & shorts. You’ll want to be able to compare before and after shots, even if you don’t show them to anyone else. 2. Use **FreeDieting.com** to discover what *your* ideal daily calorie range is for fat loss (but don’t use the ‘extreme’ number) and keep your daily intake in that range. Remember – too few calories can actually slow your metabolism and reduce weight loss. And don’t forget that ***what*** you eat is as important as how much you eat. 3. **Track your intake.** Try **www.myfitnesspal.com** (or their mobile app) to log what you eat, so it’s easier to score yourself each week. |