



Chris & Kara Mohr

SUSTAINABLE *Weightloss*

TABLE OF CONTENTS

<u>About The Instructors</u>	<u>3-4</u>
<u>Welcome Message</u>	<u>5</u>
<u>Step 1: Set Your Weight Loss Goals</u>	<u>6-7</u>
<u>Step 2: Track Your Progress</u>	<u>8-10</u>
<u>Step 3: Routines For Successful Weight Loss</u>	<u>11-14</u>
<u>Step 4: Prepare Healthy Meals</u>	<u>15-18</u>
<u>Step 5: Move More</u>	<u>19-20</u>
<u>Step 6: Navigate Pitfalls</u>	<u>21-22</u>
<u>Step 7: Hold Yourself Accountable</u>	<u>23-24</u>
<u>Contract For My Health</u>	<u>25</u>
<u>Track Your Weekly Progress</u>	<u>26-32</u>
<u>Mix and Match Recipes</u>	<u>33-36</u>

ABOUT

[Chris Mohr](#) is a registered dietitian, nutrition spokesperson and consultant to numerous media outlets and corporations. He holds a PhD in exercise physiology, is a consulting sports nutritionist for the WWE, and formerly served as the consulting Sports Nutritionist for the Cincinnati Bengals. His expertise has offered him the opportunity to speak at the White House, the CIA and to audiences in over 10 countries and almost all 50 states.

He often appears on TV as a nutritional guest expert, including an appearance with Chef Emeril Lagasse, CBS's 'The Talk' and another on the Montel Williams Show. He was the nutrition consultant and expert for the NY Times Bestseller, "LL Cool J's Platinum Workout" and worked closely with Fitness Celebrity Denise Austin & Mario Lopez, to write the nutrition sections for their books.

Dr. Mohr was on the Advisory Board for Men's Fitness Magazine and has written over 500 articles for consumer publications, such as Men's Fitness, Men's Health, Muscle and Fitness, Shape and most other fitness publications. Dr. Mohr has Bachelor and Master of Science degrees in Nutrition from Pennsylvania State University and University of Massachusetts, respectively.



[CHRISTOPHER MOHR](#)
[PHD RD](#)

ABOUT

[Kara Mohr](#) is a performance coach and internationally recognized dynamic keynote speaker who is known for her expertise and experience in the areas of behavior change, exercise and motivation. For over 25 years, Kara has been using her engaging style to inspire teams and individuals to transform their understanding of personal energy and purpose. Her mission is to be present and create meaningful connections with others. Her goal is to inspire others to become fully alive in their lives.

Kara began her career in academics and has held faculty positions at the University of Louisville, the University of Pittsburgh and Eastern Michigan University. At the University of Pittsburgh, she was also the assistant director of the Physical Activity & Weight Management Research Center, a NIH-funded research center that focuses on the role of exercise in the prevention and treatment of overweight and obesity.

Dr. Mohr earned her BS in psychology from Pennsylvania State University, and her MS and PhD in exercise physiology from the University of Pittsburgh. She lives in Louisville, KY. In her free time you can find her cooking with her husband and having kitchen dance parties with her two daughters.



KARA MOHR PHD,
EXERCISE PHYSIOLOGIST

WELCOME TO SUSTAINABLE WEIGHT LOSS

If you've ever tried losing weight, you know what a challenge it can be. Diets that over-promise miracle results and often contain conflicting information can leave your head spinning and feeling discouraged.

This program takes a different approach by making weight loss flexible and sustainable for anyone – because this program adapts to **you!**

7 Steps to Sustainable Weight Loss is all about the fundamentals of how weight loss works, and how to personalize it to your lifestyle and goals. The program is broken down into 7 clear behavior-based steps, focused on core strategies that can work universally for anyone.

Weight loss is a marathon, not a sprint. Drs. Chris and Kara Mohr will be your guides and here to support you along the way.

MEET THE 7 STEPS OF SUSTAINABLE WEIGHT LOSS

1. Set your own personalized, healthy, and realistic goals
2. Track your progress
3. Change your behaviors and set up routines for success
4. Focus on healthy eating
5. Get more exercise and movement
6. Learn to navigate common weight loss pitfalls
7. Hold yourself accountable

STEP 1

SET YOUR WEIGHT LOSS GOALS

Time to set your weight loss goals! *Healthy and sustainable weight loss should be around 1-2 lbs per week.* Another way to measure your goal besides weight is to find out your body fat percentage, and aim to lose about 1% of your total body fat per month.



But it's about more than just the number on the scale here. Wellbeing, including weight loss, is a holistic pursuit. We want you to become the healthiest, fittest, strongest version of yourself, not just a lighter version. We want you to carry yourself proudly and be comfortable with your body. Your goal should also include qualitative benchmarks, like being able to tackle a hike or other activities you want to do, but that are out of reach right now.

CALORIE DEFICIT

There's one overarching principle that we need to follow if we're going to lose weight and keep that weight off. We need to be in a calorie deficit. In other words, we have to eat fewer calories than we expend. Calories in, calories out.

One pound is equal to approximately 3,500 calories. That means to lose 1 pound, you have to make sure your net intake decreases by 3500 calories. This could mean eating 3,500 calories less over the course of a week, or it could mean expending 3,500 more calories through exercise. More likely it should be a combination of both, but this is where you can adapt it to your own lifestyle and habits. Calories are important, but there's more to it than just calories alone...we'll explore this in the other steps.

SET THOSE GOALS!

Sticking to 1-2 lbs a week, consider where you want to be by the end of this program. Over the eight weeks that this program lasts, that could be about 8-16 lbs, even with imperfect, but consistent, progress. If you want to lose more than that, you can repeat this program or continue through 10, 12, or more weeks on your own, using the steps and tools you'll learn throughout the program.

STEP 1

SET YOUR WEIGHT LOSS GOALS (CONTINUED)

This table will help you see how many weeks it will take to reach your goal weight using our 1 or 2 lbs. a week rule of thumb. If you have more weight to lose or can really commit to consistent habits, you can achieve 2 lbs. a week. But if you're not sure, we recommend starting with a goal of 1 lb. a week, and you can adjust it later if you feel ready to do more. Keep in mind that these numbers are averages, not a steadfast rules.

Total weight loss	1 pound per week	2 pounds per week
5	5 weeks	2.5 weeks
10	10 weeks 2.5 months	5 weeks
15	15 weeks 3.75 months	7.5 weeks ~2 months
20	20 weeks 5 months	10 weeks 2.5 months
25	25 weeks 6.25 months	12.5 weeks ~3 months

MY WEIGHT LOSS GOALS

My total goal

lbs. / week

My timeline

STEP 2

TRACK YOUR PROGRESS

Everyone's a little different and there's not a one-size-fits-all approach to tracking progress, but finding a way to track your progress that works for you will make you more likely to succeed. Let's look at a few of the options so you can find a flexible tracking method that works for you.

TRACKING APPS

There are endless app options for tracking food and calories – both what you eat and what you burn through exercise. For many people, keeping track of meals or calories is a key to success. It can **gamify** weight loss, or make it feel more like a competition with yourself, which can be motivating.

It can also help you get more clarity around what you're eating, how much you're moving, and whether you're on track to hit your goals – and this can help you hold yourself accountable.

HAND PORTION SIZE GUIDE

If that's too much info, stress-inducing, or just too high-tech, there are lots of other ways to measure your intake and output too! Your hands are actually a great tool for estimating healthy meal portions, because they're relative to you and your body size. Here's how to build your plate:

PRODUCE

Two Handfuls



PROTEIN

One Palmful



GRAINS

One Fistful



FAT

Thumb Size



STEP 2

TRACK YOUR PROGRESS (CONTINUED)

ACTIVITY TRACKING

Activity matters too. Many of the same apps that track calories will also track your activity or allow you to log activity, so you don't need dozens of different apps and tracking devices to hold you accountable.

Did you know that Grokker will sync with your Apple Watch, Fitbit, or Garmin to log activities from those devices as Wellness Minutes on Grokker?

Another great activity tracking feature is Grokker Streaks! Every day that you watch a Grokker video, sync an activity from a wearable, or even manually log an activity, you'll get a badge on your calendar for each day in a row.

Seeing how long you can build your streak is a great way to track your progress and stay motivated! Did you know that some Grokker users have built 100-day streaks?!



WEIGHING YOURSELF

The scale can be one tool in the toolbox, but it's far from the only tool as it doesn't tell the complete picture of what's going on.

Weight loss isn't linear like a slide, it's more like a roller coaster. Scales don't account for normal and expected fluid shifts or daily changes.

We're not naysaying the scale; we just don't want you to use it as your *only* tool. Weighing-in once per week at a scheduled time and with similar amounts of clothes could be enough to check your progress.

If weighing yourself daily is a helpful reminder to stay on track, by all means do so! But know that being a pound heavier than the day before doesn't mean you took a big step backward. You have to look at your weight trend over a longer time period than one day to the next.

STEP 2

WEEKLY MEAL CHART

You can use this chart to log all your meals and snacks, OR you can simply log the **highlights and red flags**. By tracking your meals without counting the calories, you'll still build an awareness of whether you're on the right track and where you need to improve.

MON	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
TUES	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
WED	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
THURS	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
FRI	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
SAT	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
SUN	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>

STEP 3

ROUTINES FOR SUCCESSFUL WEIGHT LOSS

To successfully lose weight, no matter your approach, you'll have to make some changes to your current routines and stick to them. So step 3 in your weight loss journey will help set you up for some of the specific new routines around nutrition and movement we'll help you establish.

By focusing on small habit changes, you can make significant weight loss progress both by increasing your positive habits *and* decreasing your less healthy ones. Let's identify a few habits you want to focus on.

Starting with your better habits, what are a few that you're proud of that you want to keep? For example, maybe you go out to water your garden every day in the morning. You might not think of that as part of a weight loss program, but if you didn't do that it would be less movement every day and less calories expended.

Write down a few of your good habits that contribute to weight loss, no matter how small.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

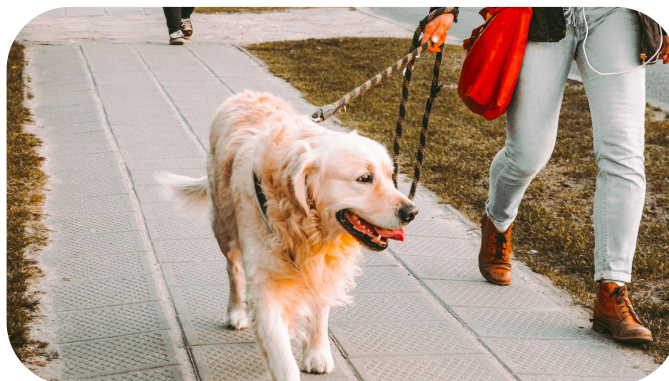
.....

.....

.....

.....

.....



ROUTINES (CONTINUED)

Now let's identify some of your habits that aren't quite as good. You probably know what many of them are because they're guilty pleasures like bingeing your favorite TV show with a glass of wine or your favorite snack in hand. There's nothing inherently bad about this, but the part we might not pay attention to is how many glasses of wine or bowls of snacks we've had.

Other habits might be flying more under your radar. For example, maybe you always eat a late lunch because you get lost in your work, and struggle to make healthy lunch choices because you're so hungry. It's these little things, stacked on one another, that may be hindering your long term success.

Write down these habits that you'd like to eliminate or improve and we'll return to them later. In order to understand the underlying reasons behind them, and how you can change them for the better, we need to understand the process of how habits are formed in the first place.

STEP 3

ROUTINES (CONTINUED)

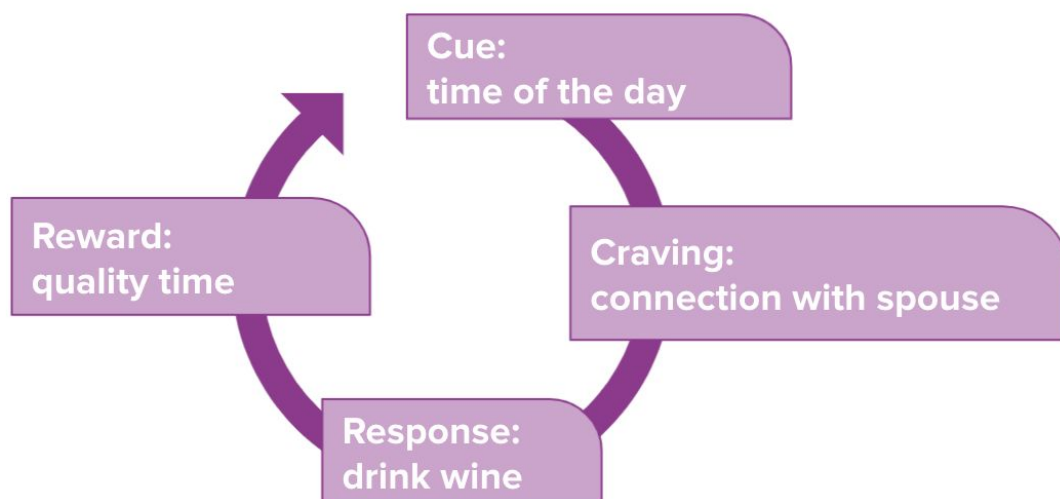
Habits are formed through a cycle of reinforcement called Cue, Craving, Response, and Reward. Here are the basics:

CUE: If you drink a glass of wine at the end of the day, your cue may be the time of day that you drink the wine, the feeling of being mentally done with your workday, or even seeing the countertop where you pour the wine. The more cues we have, the more likely we are to do the action.

CRAVING: This is the motivation behind the habit; what moves you to act. In the wine example, perhaps what you really crave is the connection and time with your spouse; and drinking wine together is simply the way you make that happen.

RESPONSE: This is the actual habit you perform when you experience a cue and have a craving for something; drinking wine in this example. Your response is tied to your experience, interests, availability, and your mood.

REWARD: For most of us, we are rewarded when we satisfy our craving. Our brain likes the satisfaction of removing the discontent. And if the reward also has other benefits, it's more likely we'll repeat this cycle over and over.



ROUTINES (CONTINUED)

Now that you understand this cycle, you can use it to your advantage:

- Increase cues and set up rewards for behaviors you want to make into instinctual habits.
- Reduce cues and cravings for behaviors you want to avoid – or in other words, put up some roadblocks to make bad habits harder.

Take a few minutes to reflect on the habits you wrote down earlier. For your healthy habits, what are some common resistance points that sometimes cause you to flake out of them? What could you do to make them easier to do consistently?

With the less healthy habits that aren't serving you well, what makes them so easy or makes you do them too much? Are there any little roadblocks that might make you less likely to do them?

STEP 4

PREPARE HEALTHY MEALS

It's time to start talking specifics! Foods to choose, foods to swap, and a more in-depth look at estimating portions using your hands, rather than counting calories.

PRODUCE

Studies show that eating just a single **additional** piece of produce each day can cut the risk of a heart attack or stroke by up to 40%! All produce is incredible for you. None cause you to gain weight. None are unhealthy or have dangerously high amounts of sugar. Not even bananas, mangoes, melons, or carrots, which sadly sometimes get a bad wrap.

A good rule of thumb is to aim for a 2:1 amount of veggies to fruit; so for every 2 servings of veggies, have 1 of fruit. We're not going to get too particular here; there's no concern of piling that produce high.

Research out of Penn State has found that a major benefit of eating more produce is greater weight loss, when compared to those who eat less produce. It has to do with the volume of the food. Fruit and veggies are full of water which makes them high volume, making them more filling compared to many other foods. They're also packed with nutrients so they're filling you up and nourishing you without adding weight. That's why fruits and veggies should be a major part of meals and snacks, which is why we shared the two handfuls or half plate rule.

PROTEIN

Protein should take up about $\frac{1}{4}$ of your plate, or one handful. The thickness and size of your palm is a proper serving of protein.

Meat isn't the only source of protein, and protein doesn't have to just come from one source per meal. Nuts, whole grains, beans, tofu, eggs, and dairy all contain high amounts of protein. Diversifying your protein sources can help you cut down on red or fatty meats and help you lose weight faster, while still getting a great balanced meal.

STEP 4

PREPARE HEALTHY MEALS CONTINUED

CARBS

The last part of the plate is the grains. There are an endless amount of options from rice to quinoa, pasta, farro, oats, bread and more. Like the other food groups, there can be a big difference in the quality. Opt for unprocessed grains, or grain products that say “Whole Grain” or “Whole Wheat” on them. Whole grains include the parts of the actual grain where all the nutrients are, not just the starchy filler part that’s found in overly processed grains. Nutritious whole grains will satiate you better and give you more nutrition, and help you avoid taking in too many calories to feel full.

LIQUID CALORIES & HYDRATION

Liquids can play a big role in your overall success with reaching your goals. On average, people drink about 400 calories per day from liquid alone; soft drinks, energy drinks, alcohol, juice, etc. Now this isn’t to say never drink a single calorie again; however, we need to be mindful about consumption, and here’s why:

*Research shows that the calories you drink don’t equate to cutting back on eating other calories. Liquid calories are **add-ons** to your daily intake, and those extra calories can add up quickly.*

Hydrate with low or no-calorie liquids like water, seltzer, flavored waters, and less frequently, low fat/unsweetened dairy drinks or unsweetened non-dairy beverages as well. Keep in mind that coffee and tea are also amazing and have unique benefits themselves, but there is a caveat; sugar, honey or any other sweetener, those add up as well.



PREPARE HEALTHY MEALS (CONTINUED)

SNACKING

So now that we've covered meals with the plate breakdown, what about snacks? Rather than answer the "should I snack?" question, ask yourself instead, "when I snack, what should I choose?"

A balance of protein and produce makes a fantastic snack. In real-food terms, that means things like fruit and cheese, veggies and hummus, a handful of nuts, beef jerky and fruit, fruit or veggies alone, veggies and guacamole.

One thing to be cautious of is overdoing snacks. It's easy to do because calories add up quickly. Preparing healthier snack options ahead of time can help this. Making healthy snacks ready to eat and just as accessible as the ultra-processed options makes it much easier to make the right snack choice. Cut up fruits and veggies ahead of time. Leave a washed apple or nuts on your work desk.

MEAL PLANNING

Now that you know a little more about what kinds of foods to focus on, how do you follow through on eating them consistently? Because your weight loss success comes from consistent work, and the key to consistency with nutrition is planning.

First, map it out with a weekly menu. You can find a simple template on the next page. Once you've that filled out, it's time to create a shopping list.

This menu is different from the meal tracking table in step 2, in that this is what you're **planning** to have, not what you ultimately did have. Plans change and things happen, so this will allow you to compare where you might have gotten off course.

Having your meals planned out and shopped for cuts down on decision fatigue when a meal time is approaching with no yummy and healthy options. When you plan ahead, you can plan meals that are BOTH yummy AND healthy.

STEP 4

WEEKLY MENU PLAN

MON	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
TUES	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
WED	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
THURS	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
FRI	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
SAT	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
SUN	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>

STEP 5

MOVE MORE

ANY MOVEMENT IS GOOD MOVEMENT

Exercise has many more benefits than just what you see on the scale, like how you feel. Your energy level and ability to do the activities you want can be equally, if not more important markers of your progress, even though they're a little more abstract than the scale.

Any movement is a huge step in the right direction! Any movement is always better than no movement, no matter how simple or how minimal. Everyone is in a different starting place and regardless of where yours is, the fact that you're at that line is what matters. The more you move, the easier it is to keep moving. Maintain the momentum.

When we think about movement, it's important to think about reducing resistance to move. It does take effort, so until it's a regular part of your routine, there's always an easier option. Can I go to the restroom next to my office or should I go to the farther one for a little movement break? Can I add a healthy reward after a workout to make it more enticing?

START SMALL

It's easy to think that to lose weight, you have to train for a marathon, lift weights all day, and do extra Grokker videos. None of that is true.

Meet yourself where you are now. Rather than thinking you have to begin by running 5 miles from day 1, maybe a better goal would be walking 5 minutes every hour. From there you can build on it and switch to running or simply increase the time from 5 minutes to 10 minutes.



STEP 5

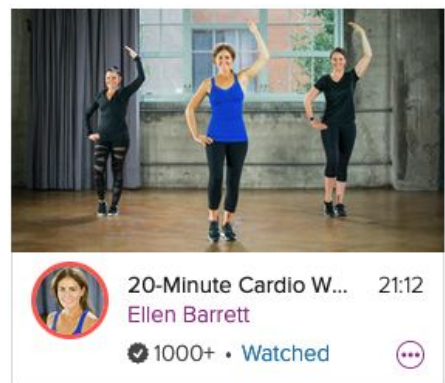
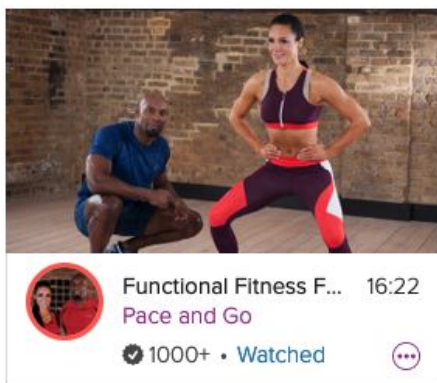
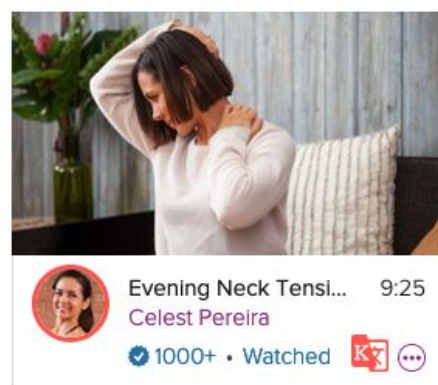
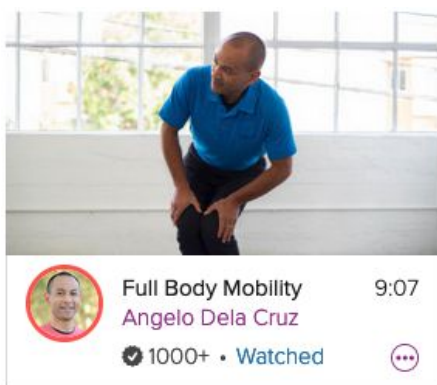
REDUCE RESISTANCE TO MOVEMENT

Resistance to exercise can come in the form of work, schedules, laundry; really anything that makes it hard to find time or motivation for more activity. So how do we move that out of the way?

One way to cut through some of that resistance is to build movement into your daily routine. Schedule movement like any other important meeting or appointment that you'd surely never miss. Movement has to get the same priority.

GET MOVING ON GROKKER

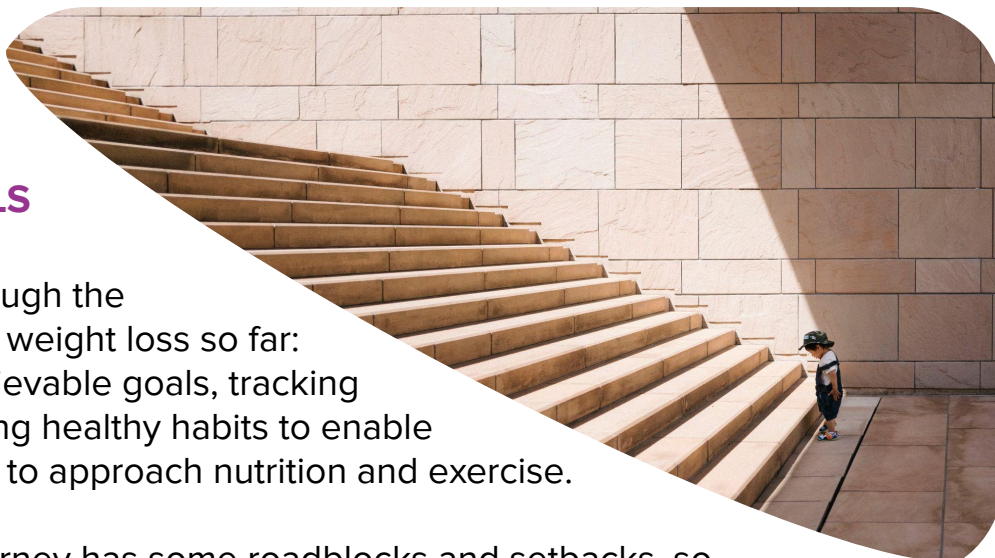
You can get a great start with some of our favorite Grokker videos. We've included a variety of short stretch breaks and longer workouts for when you're ready to push your boundaries.



STEP 6

NAVIGATE PITFALLS

We've taken you through the foundational steps of weight loss so far: setting clear and achievable goals, tracking your progress, creating healthy habits to enable weight loss, and how to approach nutrition and exercise.



Every weight loss journey has some roadblocks and setbacks, so Step 6 is being ready for them and learning how to get past them and persist.

It doesn't matter what the trigger "event" might be, the outcome is usually the same. We beat ourselves up, feel like a failure, and stumble getting back up. Rather than sticking to our original path, we fork off down the "I'll never be successful at this" path.

BE FLEXIBLE WITH YOURSELF

If you hit a roadblock, remember that you're not alone in this. What is so important to understand is one event, one night that you get off track will not derail your success in the longer term. As a matter of fact, it's more how you respond that will determine your success. What you do most of the time is more important than what you do some of the time.

Can you say that out loud? **"What I do most of the time is more important than what I do some of the time!"** Jot that one down on a sticky note and keep it on your bathroom mirror to remind you.

AVOID TRIGGERS

How can you avoid pitfalls in the first place? Consider this strategy - when you confront situations that you know may be a trigger or potential pitfall for you, **CHANGE** your environment to remove yourself from common triggers.

For example, maybe you have a work event that you can't get out of, but could you skip the drinks at that event? Or if you have trouble sticking to your list at the grocery store, how about ordering groceries online instead? Take a minute to think about how you can avoid some of your triggers with a clever workaround.

NAVIGATE PITFALLS (CONTINUED)

MAKE TIME FOR WEIGHT LOSS HABITS

Maybe your trigger isn't around nutrition, but rather exercise. A common fitness pitfall is not planning for it early enough in the day, or not planning for it at all and hoping that it will just "happen" when the time is right. But here's the truth; exercise will almost always take a back seat to life, so when there's laundry to do, another email to send, or the Dad taxi service is needed to take your kids to various events, exercise won't take precedence.

A mentor once told us that with so many demands each day, he first started blocking his calendar and writing "meeting" at noon. When others saw it, they didn't question that he was busy with a meeting at noon each day. The truth was he did have a meeting at noon; it just wasn't business related and was actually with his tennis partner.

In order to make physical activity happen, you have to own it as a non-negotiable. You need systems to not let other activities or people get in the way of your decision to move.

Time is a common pitfall when it comes to fitness, but applies equally to nutrition, routines, or any other step. If you don't make time for preparing healthy meals, or don't make time to plan and shop in the first place, it's likely life will get in the way.

When you encounter a pitfall, be flexible with yourself. You will have some setbacks, and maybe even whole weeks where the scale doesn't move like you'd hoped. Weight loss is not linear. Yes, it's easy to stick to a plan when things are going swimmingly; it's when the water gets a little choppy when your habits will be truly challenged and you'll ultimately find your path or get pushed back by the current.

Don't give up! Welcome the challenge and you will still get there over time by sticking to your goals and habits.

STEP 7

HOLD YOURSELF ACCOUNTABLE

Step 7 is all about sharing. And by sharing, we mean finding ways to be accountable by sharing what you're doing with your friends or family.



PHONE A FRIEND

This is a story about one of our client's Julie. She was in one of our weight loss programs and at the start, told us her only movement was reaching in and out of the drive thru window to grab her bag of food, but she planned to be our star participant.

Week after week she would come to our center for our weekly lesson and to check in with us. She was doing great and we learned during our time together that she enlisted a friend from her neighborhood to walk with her every day. They normally talked on the phone every day, but decided that rather than sit and talk on the phone, they would meet to walk and talk.

Their daily walk started with her just walking up the block to her friend's house and then sitting on the patio talking, because she physically couldn't do any more than that at the time. But she progressed and continued around the block and then the next block and the next after that, until several months later and they were walking consistently for sometimes 60 minutes every day!

Fast forward and Julie continued to do really well because she didn't think of this as exercising, she was simply connecting with a friend with movement as a side benefit, and she was able to do it so consistently because she was being accountable to someone else.

OTHER WAYS TO FIND ACCOUNTABILITY

Maybe you have a friend like Julie who makes a great accountability partner, but if not, there are lots of other ways to find support and accountability too. In this digital age there are great opportunities to hold yourself accountable with online groups of social media.

Continued on next page...

HOLD YOURSELF ACCOUNTABLE (CONTINUED)

If you love posting pictures of your vacations, pets, kids, whatever, why not expand that to include posting your meals? Posting stories about your weight loss goals and your ups and downs along the way are a helpful method of accountability and finding community support. There's a reason so many people post before and after pictures after all, and you're likely to get lots of encouragement from friends and family that can help you stay motivated and accountable.

Finding a group of like-minded people who are also losing weight, even if you don't know them personally, is a great source of accountability for many people. You can find online weight loss groups, or you can even create your own by posting below this video or in the Grokker forums. We are in the Grokker community as well and in there responding to questions and giving support, so we're certainly a great option. The bottom line is there are lots of others out there searching for weight loss accountability just like you, you just have to seek them out.

SELF CONTRACT

If you're more introverted or just don't feel comfortable sharing your weight loss journey, you can still hold yourself accountable. There is one person in this world who is your best accountability partner – **you!**

A great method of accountability is to create and sign a contract with yourself. Check out the template you can use on the next page. Making a promise to yourself to put your own health and goals first is a great way you can hold yourself accountable. It's a powerful step that makes it that much harder to back-burner your weight loss when life gets in the way, and that much more likely you'll feel responsible to see it through to the end.

No matter how you choose to personalize this step of your weight loss journey, what's really great about accountability is staying focused on the bigger picture. Set big goals, make smaller, actionable steps to get there, and hold yourself accountable to follow through on those steps!

CONTRACT FOR MY HEALTH

This contract is your extra commitment to yourself, to make the following behaviors into long-term commitments. It's an opportunity for you to sit down and be intentional about the behavior you want to adopt and stick to.

I, _____, am responsible for my own health and wellbeing, and hereby commit to following my weight loss goals.

These are the things I will do moving forward, to achieve my goals:

.....

.....

.....

.....

.....

These are the behaviours I will limit in the future:

.....

.....

.....

.....

.....

.....

Signed _____ Date _____

CHECK IN ON YOUR GOALS

Each day we make steps, and sometimes missteps. But keeping your goal top of mind will help you stay focused and make progress in the right direction.

Use these remaining pages to check in with your goals and progress each week. Each week and each day you should be practicing all 7 of the steps in this program, but for week 2 we're taking a look back at our **goals** from the first video.

Are you on track? If so, fantastic! If not, also fantastic, because we're confident you're still working to achieve your goals, but maybe the progress has been slower than you hoped. But that's OK!

Reflect on what you wrote as your goal to start. Do your first goals still resonate with you? Are they serving you well, or is anything not sitting quite right with you? Use this space to reflect on your goals and progress thus far.

.....

.....

.....

.....

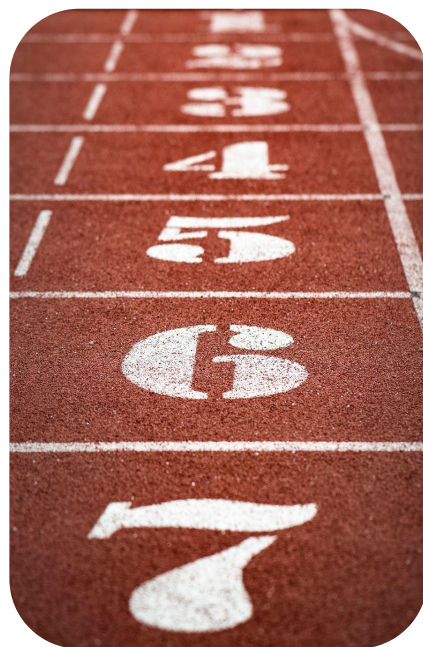
.....

.....

.....

.....

.....



.....

CURRENT WEIGHT

.....

GOAL WEIGHT

KEEP UP YOUR TRACKING

Every day on your weight loss journey may not feel like this amazing leap forward, but you will keep improving as long as you keep showing up for yourself and making a consistent, honest effort. Maybe it’s physical. Maybe it’s emotional. But showing up for *you* is the best thing you can do in an effort to succeed and continue making progress.

Reflection time. What methods have you settled into consistently for **tracking**? Have you weighed yourself? Been tracking your meals or journaling and reflecting on them? What has been working well for you, and what felt like too much or too little tracking?



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

CURRENT WEIGHT

.....

GOAL WEIGHT

STICKING TO ROUTINES

Week 4, well done! Time for this week's reflection question as you continue your journey forward. This week's check-in is to revisit the routines that are helping you lose weight, and redouble your commitment to sticking to them.

How can you create space to consider what you need each day in order to succeed? A 10 minute walk in the morning? A lunchtime break to move?

What habits have you been successful in following through on consistently, and which have been more challenging? For habits you've struggled to adopt, are there any adjustments you can make to increase the **craving** or **reward**, or create more **cues** for that habit?

Jot down your ideas, here:

.....

.....

.....

.....

.....

.....



.....

.....

.....

.....

CURRENT WEIGHT

.....

GOAL WEIGHT

STAY INSPIRED WITH HEALTHY MEALS

This week’s reflection is around **cooking**. Remember, our goal is to put together simple meals consisting of the essential components – protein, produce and grain. Aim for two handfuls of fresh veggies, a palm-sized lean protein, and a fistful of whole grains at each of your three meals.

If you’re struggling for inspiration or motivation, check out some of the easy mix-and-match recipes at the end of this guidebook. They’re simple and delicious meals that are super flexible to whatever produce, protein, and healthy grains you have at home or suit your tastes!

Use the space below to jot down what’s been working when it comes to cooking and meal prep. Reflect on how you can keep this progress going moving forward.



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

CURRENT WEIGHT

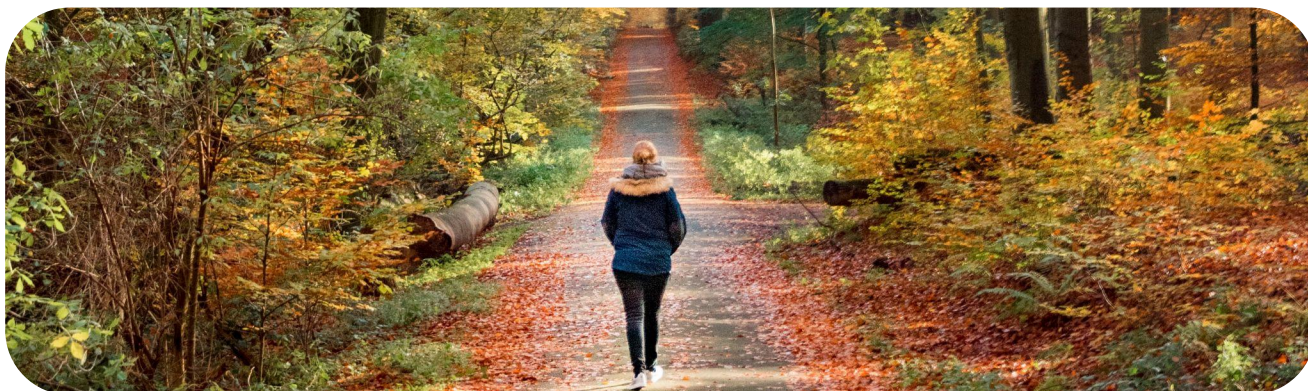
.....

GOAL WEIGHT

GET IN THAT MOVEMENT

If you've been successful in changing your habits and holding yourself accountable consistently, you should be seeing some real progress and be several pounds lighter, stronger and full of energy; certainly more than when you started the program.

Take a few minutes to reflect on what has and has not been working for you when it comes to adding **more movement** into your life. If you haven't found your rhythm yet, what activities do you want to try? Are there any smaller steps towards regular movement that might get you started?



.....

.....

.....

.....

.....

.....

.....

CURRENT WEIGHT

.....

GOAL WEIGHT

ACCOUNTABILITY FOR THE WIN!

Week 8, congratulations! Eight weeks isn't the end though. Whether you reached your goal weight yet or have another 8 weeks to get there, this is the beginning of a lifelong journey, one of healthier, mindful choices around nutrition, fitness, and holding yourself **accountable** for your health and weight.

Now is the time to think about how to hold yourself accountable in the long term by either maintaining where you are, or continuing to make more progress.

Have you found an accountability partner to check in with? What are some ideas to keep your progress going past this program?



CURRENT WEIGHT

GOAL WEIGHT

MIX AND MATCH FAJITAS

Use these recipes as inspiration to create your own at home, based on what you have in the fridge. The exact veggies and protein don't matter here. You can use whatever you have on hand from each category below and get a quick easy meal with the right nutrient proportions.

PROTEIN

Chicken, steak, fish, pork, tofu or, beans

VEGGIES

Choose a variety of veggies from bell peppers to broccoli, onions to zucchini. Get curious or use whatever leftover veggies you have in the fridge.

GRAINS

Tortilla or rice. There are so many simple options and it's a perfect way to balance your plate.



MIX AND MATCH SALAD

Use a basic foundation of mixed green and a vinaigrette dressing as the base to your salad. Then, choose 1-2 of the protein options, a few vegetables, and a grain to create a well-rounded salad.

PROTEIN

Chicken, eggs, steak, fish, tofu, beans, veggie burger, hummus

VEGGIES

Tomatoes, bell peppers, cucumber, carrots, celery, jicama, onion, cabbage, beets

GRAINS AND SEEDS

Whole grain croutons, corn, brown rice, sunflower seeds, sliced almonds

FAT

You'll get some healthy fat from the olive oil in a vinaigrette, but feel free to add a little avocado, cheese or olives too.



MIX AND MATCH PASTA

Using a base of marinara sauce and whole grain pasta, you can create a tasty weeknight dinner in no time. Choose a protein and toss in a couple cooked veggies for a well-rounded meal.

PROTEIN

Ground beef, ground turkey, sausage, veggie sausage, garbanzo beans

VEGGIES

Roasted, steamed, or sauteed veggies make a great addition to pasta. Choose anything you have in your fridge or leftover like broccoli, green beans, asparagus, cauliflower, peas, zucchini, eggplant, etc.



MIX AND MATCH BENTO BOX

The bento box concept makes a great on-the-go lunch option for the whole family. A good rule of thumb is to make the vegetables or salad your largest portion. From there you can add some protein, a whole grain option, and and some fruit to round it out.

PROTEIN

Cheese, hummus, babaganoush, chicken, tofu

VEGGIES

Make a little salad or chop some fresh veggies for dipping into hummus like carrots, celery and cucumber

GRAINS

Whole wheat tortilla, whole grain crackers, brown rice

FAT AND FRUITS

Choose one of each here to round out your box. Cheese, olives or avocado for fat, and any fruit you like: berries, oranges, apples, dried apricots, etc.

