

## **Follow these guidelines.....**

**Drink Lots of water** try for 68 oz.

TIPS:

- Drink 16 oz. right when you wake up.
- Drink H2O with meals
- Carry a water bottle
- Drink in the car....so when you get to destination.....you can P

**Take Vitamins**

**Keep a diary:**

Measure foods to start to get portion sizes down...bigger than your fist any one item tooooooo much. NO SECONDS, NO PICKING...Chew gum while you cook

Potato = size of an egg

Meat size of pack of cards

Always eat a protein with a carb

DON'T avoid carbs, you body needs and if you deprive....it will win eventually

REMEMBER to snack and eat every 3-4 hours...this increased your metabolism and helps you burn FAT. If you do not eat...your body will slow down and you will actually gain weight.

Weigh yourself once a week AM BEFORE SHOWER **ONLY**

**Do not fixate on DIET or Weight**

**Focus on fueling your metabolism.....**

**REWARD yourself for:**

- Sticking to the plan
- One week of getting enough water daily
- Good choices
- Getting back on track if you slip
- Moving at least 3 times a week
- Only weighing yourself once a week

**POSITIVE TALK ONLY**

No "I AM";

Fat, ugly, flabby, heavy, or whatever no I AM's unless they are POSITIVE!!!

**Set a REALISTIC Goal.....with a realistic DATE**