

McKaysMillTrainer.Com

Weight Loss Checklist

- Do I have a Fitness Goal with a date in mind?
 - If no, set date _____
- Do I know how many calories my body needs per day to reach Fitness goal by the date above?
 - If no, enter calorie amount here _____
 - Consider using My Fitness Pal, FitBit, Fitness Portal
- Do I plan meals on a weekly basis (I.E. Every Sunday)?
 - If no, choose a day you will plan meals _____
 - Print up meal planner online or use Fitness Portal
- Do I have a variety of easy (go to meals)?
 - If no, make a list of approximately 15-20 easy meals
 - Find at least "1" new meal/recipe per week
- Do I have a variety of easy (go to snacks)?
 - If no, make a list of approximately 5-10 easy snacks
- Do I stress eat or snack when I shouldn't?
 - If yes, consider asking yourself
 - “Am I hungry for this? Is there a better choice?”
 - “Will eating this bring me closer to my goal?”
- Do I have an outlet for my stress?
 - If no, consider exercise, meditation, prayer, EFT
- Do I currently engage in at least 5 days of exercise per week?
 - If no, consider listing a variety of activities you enjoy.

dream. define. discover. design. destiny.