

## ~GETTING STARTED~

Where to start....

Whether your goal is weight loss, improved fitness or both, you need to develop a plan. Your plan should include changes to your diet and physical activity. Here are some tips to get you started:

### Set a goal

Set a clear goal and commit to it. Write down your goal statement and place it in a prominent location (on the fridge, on your mirror, in your agenda). Reviewing your goal(s) every day is a useful strategy to help you stay on track. Share your goal with others...not only will this help to keep you accountable, it will garner support and understanding from the people around you during this time of change.

Make sure your goal is realistic and healthy, with a time line attached to it.

I confidently expect to achieve my weight goals by:	
Short term:	Long term:
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(realistic, sustainable weight loss is one to two pounds per week on average)	

### Keep a Food -Mood Journal and Exercise Log

Make a plan. Look at your schedule and decide how you can realistically incorporate physical activity into your life. Schedule it. Commit to it. Do it.

Look at your diet. Keep a daily Food and Mood Journal. Record ALL food and drinks consumed. Note the day's overall mood and stressors. Regularly review your journals to identify opportunities for improvement or change. Look for patterns, cravings, and any other behaviors that may be standing in the way of your goals. Remove one or two things at a time. Try new things. Find replacement foods and activities for the current unhealthy ones. Studies have shown that this type of self-monitoring is a very powerful instrument of change.

### Establish a plan for deviations

Nobody is perfect and it is difficult to maintain a new diet and exercise program. Celebrate your successes along the way and don't become discouraged if you have a bad day. Get back on track as quickly as you can and move on. Believe in yourself...stay positive...stay focused!

~EAT WELL, SLEEP WELL, MOVE WELL AND YOU WILL FEEL GREAT~