

RELEVANT

In order to achieve long-term success, you have to find goals you can live with and incorporate into your daily schedule.

Setbacks are a natural part of behavior change. Everyone who successfully makes changes in his or her life has experienced hitches along the way. Identifying potential roadblocks — a big holiday meal or office barbeque, for example — and brainstorming specific strategies to overcome them can help you stay on course or get back on course.

TIME-BOUND

Timing is crucial toward your success. Choose a definite start date for your weight loss program and don't put that date off. Be sure to account for life circumstances that might hamper your efforts, such as work or school demands, vacations or relationship problems. You may need to resolve some issues before starting. Your daily behaviors and habits will make your goals tangible.

MY GOALS: (write out 1-3 short-term or long-term goals)

ACTIVITY: What commitments will you make to achieve your goals?
I, _____, promise to:

- Implement low-glycemic-impact eating at each meal and snack. I will not starve my body. Instead, I will feed it with the right foods to fuel my metabolism.
- Rid my mind of negative self-talk and replace it with positive affirmations.
- Plan my meals ahead of time, preparing my body for successful weight loss with each meal and snack.
- Take my supplements as scheduled, to support my weight loss efforts.
- Journal daily to understand my weight loss struggles and to implement new behavior modification techniques.
- Forgive myself for the past and look forward. I will jump right back on track with the next meal. I cannot change the past so I will accept it and move on.

Potential Challenges:

Plans to Overcome:

Signed, _____

REASSESS AND ADJUST YOUR GOALS AS NEEDED

Be willing to change your goals as you make progress in your weight loss plan. If you started small, you might be ready to take on larger challenges. Or, you might find that you need to adjust your goals to better fit your new lifestyle.

Remember, you don't have to do it alone. Talk to your TLS Coach, doctor, family and friends for support. Anticipate how you'll handle challenging situations and the minor setbacks, or obstacles that may come your way.

But don't forget the bottom line: the key to successful weight loss is being committed and consistent.



Missi lost a total of 20 lbs (9 kg)[†]

CHART YOUR PROGRESS

PHOTOS

Taking before photos will be the best motivation for achieving your weight loss goals, and will also serve as a powerful reminder of where you never want to be again. A picture is worth a thousand words. You will be so proud when you reach your goal — especially if you have a tangible reminder of how far you have come.

FULL BODY BEFORE & AFTER PHOTOS

Body Positioning

- Front and back photos: Place your hands on your hips
- Side photos: Place your hands on or at your sides

What to Wear

- Wear form fitting clothes
- Wear the same clothing in your before and after photo

Photo Set-Up

- Photograph with plain background
- Take photos from the same direction each time — approximately 6-12 feet (2-4 meters)

WEIGHT:

Weigh yourself weekly, not daily. The weight was not gained in one day and it will not be lost in one day either. You can lose 15 inches before you lose a pound! Weigh yourself on the same day, at the same time, each week while wearing the same type of clothing.

[†]The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise® Owners of Market America.