

The ABC's of Permanent Weight Loss

- A. I live an *Active* lifestyle
- B. I eat a wholesome *Breakfast* every morning
- C. I can *Choose* to have a positive day
- D.Is the *Date* for attaining my goal
- E. *Exercising* Daily gives me *Energy*
- F. Keeping *Focused* helps me anticipate my weak moments
- G. Write down my *Goal*, read it every day
- H. Replace my old bad *Habits* with healthy alternatives
- I. I take *Inspiration* from each daily success
- J. I *Join* with others for support and collective strength
- K. Always *Keep* my journal, of what I eat, do and feel
- L. *Leverage* myself by telling everyone my plan and goal
- M. *Measure* and *Monitor* to stay on track
- N. I will *Never* skip a meal
- O. I only get weighed *Once* a week, same time, same place
- P. *Plan* in advance my weekly exercise and meals
- Q. *Quantity?* & *Quality?* Meals & Exercise
- R. I *Reward* myself for success, but not with food
- S. I plan *Small* regular meals
- T. Regular achievable *Targets* lead to my goal
- U. I select *Un-processed* food where possible
- V. Daily, I *Visualise* having attained my goal
- W. *I Write* down, review and take action to keep me on track
- X. I *Experience* great satisfaction when I reach a target
- Y. *Yesterday* is my inspiration to live good today and plan tomorrow
- Z. *Zero* tolerance for my old bad habits

My weight-loss goal is:

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