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| **WEIGHT LOSS IDEACHART** | Use 1 to 3 of These Ideas Daily to Lose 1 Pound a Week! |  |  |  | http://img0002.popscreencdn.com/101936714_new-converse-all-star-chuck-taylor-canvas-green-ox-1j792.jpg |
| Start! | I record what I eat and do one day a week. | My friends and family help melose weight. | I love grapes & apples. | I eat a healthy light breakfast. | I cut my usual sweetin half. |
| Light Bulb Clip ArtMy idea! | I weigh\_\_\_\_\_\_\_. | My goal weight is\_\_\_\_\_\_\_. | I measureall my food. | I celebrate. | Restart! |
| 1 pound=3,500 calories | NeverNeverNeverGive up | The average American gains 1 -2 pounds a year. | I will lose at least1 – 10pounds this year. | http://www.fairtrasa.com/wp-content/uploads/2012/08/shutterstock_99478112.jpg | I order a small or medium instead of a large. |
| Why do I overeat?1.\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_ | What do I overeat?1.\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_ | When do I overeat?1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | What helps me not overeat?1.\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_ | 3,500 calories/7 days=500 caloriesa day. | To lose1 pounda week -Cut and/or burnan extra 500 calories a day. |
| When tired…I sleep | http://ts1.mm.bing.net/th?id=H.4967959491970941&pid=1.9&w=300&h=300&p=0 | I keep healthy snacks handy. | I watch less TV. | I exercise 15-30 minutes or more a day. | When lonely…I visit friends. |
| I have an exercise buddy. | YMCACurvesAthletic Club24 Hour Fitness | I put on my sneakers & they dance me out the door. | Light Bulb Clip ArtMy idea! | I eat 4 or more servings of vegetables a day. | I fail-proof my kitchen. |
| I celebratesuccess. | I walk. | I focus on progress not perfection. | I eat 3 to 5 small meals a day. | I do not eat in front of the TV. | I have a lovely placeto eat. |
| I eat/drink one less\_\_\_\_\_ a day. | I eat/drink one more \_\_\_\_ a day. | I get up and move during commercials. | http://ts1.mm.bing.net/th?id=H.4808624762782676&pid=1.7&w=227&h=150&c=7&rs=1 | Restart! | I recordmy weight. |
| I have a specific plan how to move a little more. | USDA my plate icon | What are1 – 3 tips I can focus on daily to cut and/or burn an extra 500 calories a day? | I eat small nutritious tastytreats - notjumbo sized junk food. | Atkins South Beach Jenny CraigWeight WatchersMayo Clinic Diet | I use a small8“ plate. |
| I eat soup or salad before dinner. | I drink 8 cups of water a day | I eat a little less& do a little more. | Light Bulb Clip ArtMy idea! | I reward myself. | http://ec.l.thumbs.canstockphoto.com/canstock10677338.jpg |
| I eat slowly and chew every bite. | I have a specific plan how to eat a little less. | I eat 3 or more servings of fruit a day. | I have a little fun. | I dream &I dream big. | Light Bulb Clip ArtMy idea! |