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| **WEIGHT LOSS IDEA CHART** | 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](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=syoqVV1YwToEHM&tbnid=HTZxLjpgL0R4PM:&ved=0CAUQjRw&url=http://www.popscreen.com/p/MTI5ODc2MDY3/Womens-Converse-All-Star-Chuck-Taylor-Canvas-Hi-Top-Shoes-Purple-Gray-&ei=HtCPUdDIIYWm9ASx-IDoCQ&bvm=bv.46340616,d.dmg&psig=AFQjCNHwcfNslke8HJmip2QIbOpxIe3cvA&ust=1368465798264481) |
| Start! | I record what I eat and do one day a week. | My friends and family help me lose weight. | I love grapes & apples. | I eat a healthy light breakfast. | I cut my usual sweet in half. |
| [Light Bulb Clip Art](javascript:edit(6937))  My idea! | I weigh  \_\_\_\_\_\_\_. | My goal weight is  \_\_\_\_\_\_\_. | I measure  all my food. | I celebrate. | Restart! |
| 1 pound  =  3,500 calories | Never  Never  Never  Give up | The average American gains  1 -2 pounds a year. | I will lose at least  1 – 10  pounds 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 calories  a day. | To lose  1 pound  a week -  Cut and/or burn  an 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. | YMCA Curves Athletic Club 24 Hour Fitness | I put on my sneakers & they dance me out the door. | [Light Bulb Clip Art](javascript:edit(6937))  My idea! | I eat 4 or more servings of vegetables a day. | I fail-proof my kitchen. |
| I celebrate success. | 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 place to 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](http://www.bing.com/images/search?q=photo+celery&qpvt=photo+celery&FORM=IGRE#view=detail&id=9FDF5B741E557CE3AEFDEDF58E2B2D29B80F49E3&selectedIndex=105) | Restart! | I record  my weight. |
| I have a specific plan how to move a little more. | USDA my plate icon | What are  1 – 3 tips I can focus on daily to cut and/or burn an extra 500 calories a day? | I eat small nutritious tasty  treats - not  jumbo sized junk food. | Atkins  South Beach  Jenny Craig Weight Watchers Mayo Clinic Diet | I use a small  8“ 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 Art](javascript:edit(6937))  My 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 Art](javascript:edit(6937)) My idea! |