



# *Week 1 Day 1*

## *Why we do what we do and the Water and Beverage Habit*

### *Why we do what we do*

Have you ever tried to lose weight before? Most likely you have. Perhaps you have tried the Atkins diet, or South Beach, Weight Watchers or maybe even Paleo.

What happened with the diet?

It probably worked for a while. You probably saw success. But then what happened?

Somewhere along the way you stopped. There was no definitive day when you stopped the diet. You slowly stopped following it until, gradually, you were no longer on it.

Here's a secret: Most diets work....**as long as you stay on it.**

The new way of eating (the 'diet') had not become a **lifestyle**. It was not a true **habit**. You grew bored or frustrated with it and you stopped. Since it was not your true lifestyle, it was easy to stop. And you did.

## *Habits!*

We are creatures of habit, from brushing our teeth to the way we talk, walk and even clean our house (or don't clean it).

**Eating** is one of our biggest habits.

If we are going to change our bodies we need to change what we eat. If we want the change to be long-lasting we must focus on changing our **eating habits** and making the change **permanent**.

## *Thinking*

Your mindset will **make** or **break** habit change. To help cement the new eating habits we introduce **thinking principles**. The thinking principles are designed to help you change the way you view food and fat loss.



*Habit-Based Coaching combined with*

*Thinking Principles =*

*Habit Change / Lifestyle Change*





## Week 1 Day 5

### *Planning!!!*

Have you ever heard the phrase 'If you fail to plan, you plan to fail'? It's a really good thought to keep in mind as you try to change your eating habits. **Planning is an integral part to your fat-loss success.**

If you think about it, we really don't do a whole lot in life without some sort of plan. We plan a birthday party, a trip or a driving route to a new destination. We plan our career path or how to study for an exam. The plans may differ in length and complexity, but they are all still plans. We even plan what to do on the weekends. Imagine if we didn't?

In the morning you would look at your spouse and say 'Ok, let's go.' You would get in the car and turn on the ignition. Now where? Where are you going? What time do you need to be there? How do you get there?

**Fat loss is about learning new habits.** And when you learn a new habit it will take some planning at first. The habit may seem strange so you will need to think about how to make it work for you. At first you will have to make an effort to make a plan. Then, as it becomes a habit it won't take much effort at all. It will have become second-nature.

Often we are tempted to rely on our will power to get us through the day. Unfortunately, this is a big mistake. **Willpower is a muscle that weakens easily.** We have a limited amount of willpower each day and if we deal with many stressful things we will not have any leftover to use when working on new eating habits. Here is where planning ahead becomes crucial. Make the plan. Prepare the food. **Have it ready for when your willpower fails.**

We are always prepared wherever we go as far as food is concerned. We either bring food with us or we know exactly what to do or where to eat in practically any situation. We think ahead to what we will be facing and make a plan. That is our goal for you.



## *How did you do today?*

On a scale of 0-5 how did you do today with the Water and Beverage Habit?

0 = I did not follow the habit at all

5 = I followed the habit or at least improved from yesterday

**Your Score:** \_\_\_\_\_

**If you did not do as well as you would have liked, what can you do to improve?** \_\_\_\_\_



*Lorrie T.*

“After learning of my only daughter’s engagement and upcoming wedding, I wanted (and needed) to lose 50 lbs. prior to her wedding.

I’ve been overweight all my life. I have lost weight only to gain it back again through every weight loss program on the market. I just knew I would lose the weight through exercise. After 2 months of consistently working out, I managed to gain 4 lbs. to my utter dismay! When I gained the additional 4 lbs, I knew I had to do something, so I gave in and joined Eat Smart.

The class was extremely informative and so very simple to follow. Learning “how” to eat was an eye-opener for me. I realized and learned that the eating principles combined with exercise were the keys to losing and keeping the weight off.

The instructor, Jackie, was very informative and supportive. With the combination of the Eat Smart principles and the exercise, I lost 11 lbs. and have since reached my goal of 50 lbs!

Not only have I lost weight and inches, I no longer suffer from debilitating migraine headaches. My health has improved, my blood pressure is back to where it was when I was in my 20’s and I feel AWESOME!”



BEFORE

AFTER



## *Your Goal this Week*

Continue with the Water and Beverage Habit, plus analyze your thoughts periodically throughout the day. Who's talking? Pat, Sam or Chris?  
Which voice is deciding your food choices?

### **What is your PLAN to implement this goal?**

Give examples of how to analyze your thoughts this week. For example: Keep a log of which voice you are hearing before and after you eat.

- 1.
- 2.
- 3.

### **Your measurements:**

Date:

Weight:

Waist circumference (at belly button):

Chest circumference (at nipple level):

Right thigh circumference (6 inches above knee):