Congratulations!
What changes have you made?

First things first:
1. Write your weight on your chart.
2. Draw a line from your 15th week’s weight to the 16th.
3. Have you come to the end of your chart? Look at your graph. Make a note on how you have been doing, and what (if anything) you’d like to change.
4. Take out your F&F Log.
   a) Were you all able to fill it out each day?
   b) Make a note about how you did this week.

What’s Next?
• Now is when you begin to move forward (a little) more on your own.
• This is also where we will take stock of where we are.
• It’s like driver’s education...
• You MUST begin to learn to trust yourself and celebrate success – this is another small step toward that.

What’s Next - Status Check
• By June 26th, please send us
• A copy of your completed “How Am I Doing?” weekly weight record, including your most recent weight measurement.
• A full week of your log including:
  1. EVERYTHING you eat and drink, including water.
  2. All DELIBERATE activity/exercise you do each day – walks, classes, cleaning the house, active play with kids - anything you do purposefully to be more active.
• REMEMBER – this information is to help us help you better reach your goals. It is for this program’s use ONLY. Be honest – be complete.
Find your loophole...

Public Enemy #1: Lack of Motivation
- Staying motivated is one of the biggest challenges for many people.
- As you succeed, your source of motivation is removed.
- Or... you struggle and become exhausted.

Lose the Excuses!
- Take responsibility for your own situation.
- Make the decision to change.
- Take Action!
- Talk yourself into it rather than out of it.
- Visualize your outcome. Remember how great you’ll feel once it’s done. Look ahead. Find your own carrot.
- Find patterns that work for you.
- Reward yourself!

Top 5 Motivation Tips
- Keep your focus by making a list and putting it in plain sight.
- Set your goals and be VERY realistic.
- Plan a treat for yourself when you have a good week.
- Take a picture of yourself in a swimsuit or form fitting outfit. Repeat the picture each month. Compare changes over time.
- Read inspirational stories of other people who have lost weight. Check out www.runsforcookies.com.

Tips to Stay Motivated
- Post the graph of your weight loss on the refrigerator door.
- Participate in competitions or events.
- Make appointments with friends or family.
- Continue to keep track of your progress and monitor your goals.
- Continue to record what you eat at least one week per month. Don’t let it sneak up on you again!
- Weigh yourself at least once per week.
- Add variety!
- Celebrate your success!
- Engage in a competition with yourself or others.
- Call Us!
Public Enemy #2: Boredom

- What meals/snacks/foods are you most bored with?
- Think of new ways to vary your eating. It is an art.
  - Make one night a “try a new dish” or “ethnic night” or “vegetarian night.”
  - Go out to eat. What??
  - Chase information – magazines, Internet, classes, friends, family.
  - “share a recipe” party, prepare meals together, try new foods.

Reward Yourself!

“Rewards” are as simple or complex as you like.
- “I’ll go for a walk and then I’ll call a friend and chat.”
- “I’ll have a wonderful, healthy meal and then take a bubble bath.”
- “I’ll keep track of my food for a week, and then buy myself flowers.”
- “I’ll save the money I’d have spent eating out/buying that double caramel macchiato/buying snack foods and buy a <fill in the blank> instead.”

4 Keys to Success
Getting to and Maintaining a Healthy Weight

1. Low-calorie diet
2. Regular and varied exercise
3. Very little (1 hr. or less/day) television.
4. Eating Breakfast EVERY day

Unlock your potential

What Are YOUR Goals?

1. Weight Loss
2. Exercise
3. Healthy Habits

Meet your goals?

- Continue to review and revise goals as you move forward. Write them down.
- Think through and write down barriers you think you may run into.
- Write down how will you work around those barriers.
- If you need to change your goal – DO SO! Remember, achievable, specific, measurable, time for completion.

Tip: Write your goals in your binder. Put them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.

Our next meeting is Wednesday, December 19 from 12-1pm.
Remember, our last weekly meeting is today. We are switching to monthly meetings on Wednesdays starting on December 19, 2012.
Your Turn