

Looking Back and Looking Forward



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First Things First

1. Write your weight on your chart.
2. Draw a line from your last recorded weight to the newest recorded weight.
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 month.



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Looking Back to Look Forward

- "A path is made by walking on it."
- Think about how you started this program. How have your thought patterns changed?



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4 Keys to Success

Getting to and maintaining a healthy weight

1. Low-calorie diet
2. Regular and varied exercise
3. Very little (1hr. or less/day) screen time (outside of work).
4. Eating Breakfast **EVERY** day



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Lose the Excuses!

- Take responsibility for your own situation.
- Take Action!
- Find patterns that work for you.
- Reward yourself!



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Maintain your Progress



Don't let it sneak up on you again!

- Keep it front and center. Post reminders where you can see them.
- Continue to record what you eat at least one week per month.
- Weigh yourself at least once per week.
- Call Us!

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What's Next?

- This is only the beginning of a lifetime of a healthier you. YOU determine how fast and how far.
- Take stock of the last 10 months and set your course for the next.
- It's like the driving test...

• You **MUST** trust yourself and celebrate success – this is a large step toward that.

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What's Your Story?

- What would you tell others who are just starting their Healthy For Life journey?
- What did you find most helpful when feeling discouraged about your progress?
- Write a message to your future self.

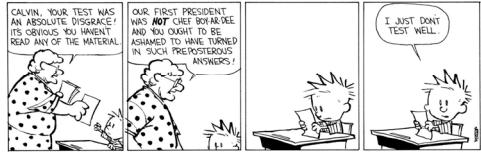
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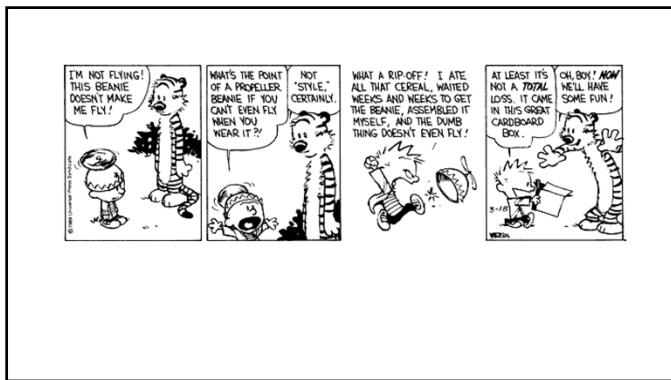
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This month

- REFLECT on what you've learned. What is worth keeping?
- DO what you've decided that you will to meet your goals.
- PRINT the food and fitness log as needed.
- PRE-plan. Write it down, speak it out loud.
- There is **NO** pressure to do it on your own!



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