

# Planning for Success

You have a better chance of attaining your goals if you make sure that the weight loss/fitness plans that you will use are sensible and reasonable right at the beginning.

Here are some guidelines from the experts in choosing weight loss plans and goals.

## 1. Be realistic

Most people's long-term weight loss plans are more ambitious than they have to be.

For example, if you weigh 170 pounds and your long-term plan is to weigh 120, even if you have not weighed 120 since you were 16 and now you are 45, keep in mind that it certainly could be achievable but strive to lose weight slowly.

Your body mass index or BMI is a good indicator of whether or not you need to shed pounds. The ideal BMI range, according to the national Institutes of Health, is between 19 and 24.9. If your BMI is between 25 and 29.9, you are considered overweight.

Any number above 30 is in the obesity range.

From this point of view, you will need a sensible weight loss plan that will correspond to the required BMI based on your height, because this is the primary factor that will affect your BMI.

## 2. Set appropriate objectives

Using a weight loss plan just for vanity's sake is psychologically less helpful than losing weight to improve health.

You have made a big step forward if you decide to undergo a lifestyle change that includes exercise and eating right so that you will feel better and have more energy to do something positive in your life.

## 3. Focus on doing, not losing

Rather than saying that you are going to lose a pound this week, say how much you are going to exercise this week. This would definitely make up of a sensible weight loss plan.

Keep in mind that your weight within a span of a week is not completely in your control, but your behavior is.

## 4. Build bit by bit

Short-term weight loss plans easy to implement by making gradual changes. This means that when you have never exercised at all, your best weight loss plan for this week should be based on finding a workout routine that allows you to build up your stamina and endurance slowly.

## 5. Keep up the self-encouragement

An all-or-nothing attitude only sets you up to fail. Learn to evaluate your efforts fairly and objectively. If you fall short of some goals, just look ahead to next week. You do not need to have a perfect record. After all, self-encouragement should definitely be a part of your weight loss plans. Otherwise, you will just fail in the end.

## 6. Use measurable measures

Saying that you are going to be more positive this week or that you are going to really get serious this week is not a goal that you can measure and should not be a part of your weight loss plan.

This is another reason why you should incorporate exercise on your weight loss plan and focus on it. You should be able to count up the minutes of exercise in order to be successful in your plan. Plan out and track your eating habits as well.

The bottom line is, people make weight loss/fitness plans that will only remain as it is, just a plan. They have to put it into action by incorporating goals that will motivate them to succeed.

**Stay focused, make a plan, take action!**

# CHECKLIST

Monday	ACTION PLAN
	<input type="checkbox"/> Set mini goals for the week in tracker
Tuesday	<input type="checkbox"/> Pre-plan meals for one week
	<input type="checkbox"/> Buy groceries after you have eaten
Wednesday	<input type="checkbox"/> Plan to eat protein with each meal
	<input type="checkbox"/> Replace processed food
Thursday	<input type="checkbox"/> Limit liquid calories
Friday	<input type="checkbox"/> Drink at least 1/2-1 gal water daily
	<input type="checkbox"/> Schedule workouts for 4-5 days a week
	<input type="checkbox"/> Plan one cheat meal or treat this week
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

# Mini Goals

Week of: \_\_\_\_\_

**FOCUS ON:**

The changes not the results

Setting mini goals

NO extremes-

Acknowledge triggers

No all or nothing mentality

This week I will:

This week I will:

My triggers are:

This week I will:

This week I will:

Replacement behaviors:

If I stray from the plan, I will:

Reward1:

Reward2:

Motivational Quote