



WEIGHT LOSS CHECKLIST

ARE YOU...?

- Using your "why" as motivation
- Eating nourishing foods
- Getting 5+ fruits/veggies a day
- Portioning every meal
- Limiting sauces/dressings
- Drinking low calorie beverages
- Eating 5-6 times/day
- Eating when hungry
- Minimizing eating out
- Exercising 5+ days/week
- Exercising 150-300 min/week
- Doing challenging workouts
- Switching up your workouts
- Doing both cardio and weights
- Regularly inc your weights
- Getting 7-8+ hours of sleep
- Finding ways to reduce stress
- Practicing gratitude
- Staying consistent

NOTES

Pick something you're missing on this list to focus on this week!

