WEIGHT LOSS DO'S AND DON'TS CHECKLIST

Ready to tackle those extra pounds? Start with a plan. The more you prepare for your weight loss journey, the more successful you'll likely be. Follow these "do's" and "don'ts" to get started.

DO'S

- [ ] **KEEP A FOOD DIARY**
People often underestimate how much they eat in a day. Write down what you eat and when you eat it to account for all meals, snacks, drinks, and desserts.

- [ ] **DRINK PLENTY OF WATER**
Drink at least 6 glasses per day to stay hydrated, feel full, and increase the rate at which you burn calories.

- [ ] **MAKE A MEAL PLAN**
Create a menu of healthy foods for the week. Take it with you when you shop, and only purchase items on the list so you stick to it.

- [ ] **EAT FIBER**
Keep your gut healthy and burn more belly fat with plenty of fiber. Find it in almonds, flaxseed, and veggies.

- [ ] **SCRAP JUNK FOOD FOR HEALTHY FOOD**
Swap potato chips for popcorn and bacon burgers for grilled salmon. Fill your plate with veggies, whole grains, and lean meats to increase your metabolism and stabilize your blood pressure.

- [ ] **EAT SOME FAT**
Healthy fats, like Omega-3 and Omega-6, help you burn body fat while maintaining muscle. They'll make you feel fuller and may reduce your absorption of carbohydrates.

- [ ] **WATCH YOUR PORTION SIZE**
Eat less at mealtime or try eating smaller meals throughout the day. Fruits and vegetables should fill half your plate, with grains and protein on the other half.

- [ ] **SLEEP BETTER**
A good 7 – 8 hours of sleep helps regulate your appetite hormones, so you recognize when you're full. Lack of sleep can decrease your metabolism.

- [ ] **EXERCISE**
Regular physical exercise is imperative for weight loss success. It burns calories and increases lean body mass to rev up your metabolism.

- [ ] **ADD VARIETY**
Find a wide range of healthy recipes and foods to try. Sticking with the same few foods can get boring and may drive you to make unhealthy choices.

DON'TS

- [ ] **STARVE YOURSELF**
You need to eat to lose weight. When you don't, your metabolism slows down and your body starts to preserve energy in the form of sugars, fats, and glucose—the very things you're trying to burn.

- [ ] **DEPRIVE YOURSELF**
Deprivation leads to craving-induced binge eating, which can damage your metabolism. Remember the rule of moderation.

- [ ] **EXPECT A QUICK FIX**
Losing weight and keeping it off requires a lifestyle change. That takes time and commitment. Ease into a plan and allow yourself some "free" meals or snacks of your choice to keep you motivated.

- [ ] **DRINK TOO MUCH ALCOHOL**
Alcoholic drinks are high in calories, reduce nutrient absorption, and can slow down metabolism. Limit your daily and weekly intake.

- [ ] **EAT SUGAR, REFINED CARBOHYDRATES, AND PROCESSED FOOD**
These calorie-dense foods have little nutritional value and may end up making you feel hungrier. Choose fruits, veggies, and whole grains instead.

- [ ] **EAT WHEN YOU'RE NOT HUNGRY**
Check in with yourself before you reach for a snack. Are you really hungry, or are you just bored, tired, frustrated, or anxious? Start to understand emotional eating.

- [ ] **SKIP BREAKFAST**
Eating breakfast fills you up and gets your metabolism going, so you won't be hungry later in the day. It is the most important meal of the day.

- [ ] **FOCUS ONLY ON CALORIES**
Cutting calories is important to weight loss, but so is eating healthy. Make sure you eat enough complex carbohydrates and protein to generate energy and build muscle.

- [ ] **GIVE IN TO TEMPTATION**
Get rid of sweets, chips, ice cream, and anything else in your fridge and cupboard so you don't eat it just because it's there.

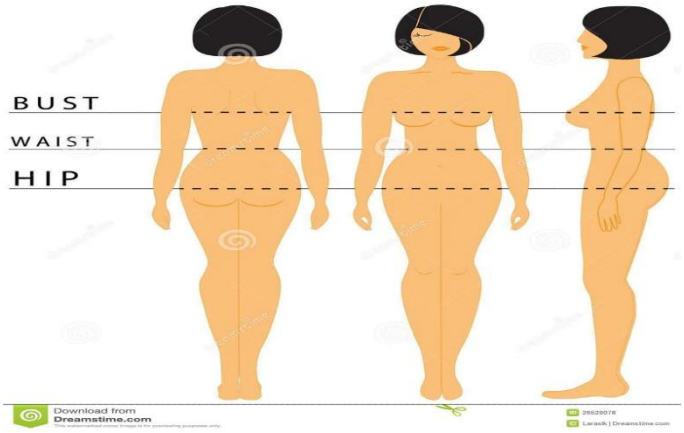
- [ ] **COMPARE YOURSELF WITH OTHERS**
Losing weight with a friend or group can be hugely supportive, as long as you don't make it a competition. Judge your progress over time, not compared to another.

Welcome To Melissa V Neal Fitness Program

If you are new, old member or returning member we are going to have an amazing 6 weeks.
Before we begin, please send in your before pics even if you are just toning. Pictures must be sent in in order to start your program. This is what I will use to see where you are every few weeks. Also send in your measurements. We will do measurements every 2 weeks.
Key things to remember

- If you miss a zoom class, make up workout within 2 days
- Never take more than 3 days off in a row
- Set up a calendar schedule to get your workouts done
- Log and send me what you're eating daily
- Send in how you are feeling daily
- Remember to purchase Stepper for class
- Remember to purchase new weights based on what we discuss
- Weigh in on Sunday and Log on Sheet

Do Your Best I Want everyone to really complete every workout these weeks go by fast.

Starting Weight:_____ Measurements every 2 weeks

Weight Week 1	Bust	Bust	Bust
Weight Week 2	Waist	Waist	Waist
Weight Week 3	Hips	Hips	Hips
Weight Week 4	Week 1	Week 3	Week 5
Weight Week 5	Bust	Bust	
Weight Week 6	Waist	Waist	
Weight Week 7	Hips	Hips	
Weight Week 8	Week 7	Week 8