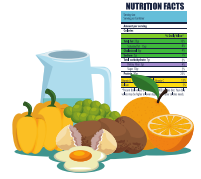




# WEIGHT LOSS PLANNER

**HELPING DIABETICS MAKE LIFESTYLE  
CHANGES TO REVERSE TYPE TWO DIABETES**

# MY WEIGHT-LOSS PLAN



## How to use your personalized planner.

Use this planner to set your weight-loss goals and track your progress. Putting a plan in place and tracking your progress, will enable you to see the positive changes you're making, no matter how small or great. A written plan can help you remain focused and motivated to lose weight and achieve your health goals.

<b>START DATE :</b>	<b>PLAN DURATION :</b>	<b>END DATE :</b>
<b>START WEIGHT :</b>	<b>GOAL WEIGHT :</b>	<b>FINAL WAIST SIZE :</b>
<b>START WAIST SIZE :</b>	<b>GOAL WAIST SIZE :</b>	<b>FINAL WEIGHT :</b>

## How can you benefit from losing weight?

Consider three individual motivations for weight loss and document them below. Consider both immediate advantages, such as “aiming to lower my blood sugar levels,” and lasting benefits, like “striving to be a positive influence on my family's health, encouraging them to adopt healthier lifestyles as well.”

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Goals: Look Ahead

Consider your long-term goal(s) as a way to plan for the future. Envision what you want to achieve and how you want to feel in a few months. Use your three reasons to create a SMART (specific, measurable, achievable, realistic, and timely) future goal.

Here's an example:

- I want to lose 20 pounds so I can reduce my HbA1c levels, and fit into my new outfit for a special event happening in six months.

My goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# KEEP IT SIMPLE & DOABLE

## How to reach your future goal(s)

After identifying your long-term goal, break it into manageable steps. Make these tasks specific and achievable.

Here are some examples:

- On Sundays, I will write down a plan for healthy dinners for the rest of the week.
- I will limit eating out from daily to once a week.
- I will use a wearable device such as a fitness tracker to track my steps and walk 10,000 steps a day. I'll increase my steps by taking a 30-minute walk during lunch.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

“AFFIRMATION: Say “My transformation is doable. I will turn my health around!”



### BREAKING BAD HABITS & BUILDING NEW ONES

#### BAD HABITS TO BREAK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### GOOD HABITS TO BUILD

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# TAKE ACTION



## My Checklist

You need to have a personalized checklist to make sure that you will meet your daily, weekly, and monthly objectives. Not only will it help you stay on track, but it can also serve as a reminder when life gets busy. Make living healthy your new lifestyle by using the following checklist to get started.

### EDUCATION ACTIONS

- Download the "My Weight-Loss Planner"
- Research benefits of carbohydrates, proteins & fats
- Listen to 3 audiobooks on health monthly
- Listen to a podcast on health 1 - 2x's per week
- Research visceral vs subcutaneous fat
- Learn to read Nutrition Facts Labels
- Learn about the various stages of sleep

### FITNESS ACTIONS

- Get your body measurements taken at a gym
- Buy a digital scale and sync to your mobile device
- Buy a gym bag
- Buy exercise-specific exercise shoes & clothes
- Go for a 30-minute jog or speed walk daily
- Stretch for 5 minutes every morning
- Stretch for 5 minutes every evening before bed
- Get 7 - 8 hours of sleep per night
- Incorporate weekly strength-building exercises
- Incorporate breathing exercises

### NUTRITION ACTIONS

- Eat 5 servings of fresh vegetables daily
- Eat 5 servings of fresh fruit daily
- Take vitamin & mineral supplements daily
- Drink at least 56 ounces of water today
- Buy a quality juicer or blender
- Buy an air fryer
- Juice fresh vegetables and fruit twice weekly
- Make a smoothie for dinner twice per week
- Cook dinner at least 3x's per week
- Limit drinking sugary drinks to once per week
- Cut one unhealthy food from your diet per week
- Try a new healthy take-out restaurant
- Eat a healthy lunch daily
- Eat a healthy snack before dinner daily

### OTHER ACTIONS

- Limit social media to 30 minutes daily
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# SPEAK IT INTO EXISTENCE

## My Change Will Come

There is something powerful about speaking life into your situation. Words have power, and you can transform your life by changing the way you speak. Use the following affirmations as a means of shifting your thoughts about yourself and your health journey to bring you closer to reaching your goals than ever before. Speak your transformation into existence!

1. "I am on a journey to a healthier, happier version of myself."
2. "I make choices daily that align with my weight loss goals."
3. "I trust my body's ability to transform and adapt."
4. "My dedication to my well-being is stronger than any temporary cravings."
5. "I am grateful for the opportunity to nourish my body with wholesome foods."
6. "I am releasing excess weight and embracing a lighter, more vibrant life."
7. "I choose foods that fuel my body and support my weight loss journey."
8. "I am in control of my eating habits, and I make positive choices for my health."
9. "Every step I take brings me closer to my ideal weight and optimal health."
10. "I am patient with myself as I progress on my weight loss journey."
11. "My body is becoming slimmer, stronger, and healthier daily."
12. "I celebrate small victories on my path to a healthier weight."
13. "I love and respect my body, and I am committed to taking care of it."
14. "I am mindful of what I eat and savor the nourishing flavors of healthy foods."
15. "I am releasing the need for unhealthy habits and embracing a balanced lifestyle."
16. "I trust the process, and I know that positive changes are happening within me."
17. "My body deserves to be treated with love and kindness, and I am doing just that."
18. "I am dedicated to creating a sustainable, healthy routine that supports weight loss."
19. "I am becoming more aware of the emotional triggers behind my eating habits."
20. "I am breaking free from negative patterns and creating a positive, healthy future."
21. "I am grateful for the strength and resilience my body shows on this journey."
22. "I focus on progress, not perfection, and celebrate the positive changes I make."
23. "I am cultivating habits that contribute to a long and healthy life."
24. "I am letting go of self-judgment and embracing self-love in my weight loss journey."
25. "I am surrounded by love and support as I work towards my weight loss goals."
26. "I am grateful for the energy and vitality that come with taking care of my body."
27. "I am creating a positive relationship with food and making choices that serve me well."
28. "I trust the timing of my weight loss journey and know that each day brings progress."
29. "I am proud of the commitment I have to my well-being, and it shows in my results."
30. "I trust God with my health and life."



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