

IMPROVING RESULTS

THE CHECKLIST TO HELP YOU ENHANCE YOUR WEIGHT LOSS



There are many reasons why your rate of weight loss may have slowed or hit a plateau. In trying to better understand what is happening, please

discuss the following questions with your dietflex coach and realise that it takes planning, implementation and consistency to achieve your goals.

Goals

- 1.) Have you completed the action goals in your current Daily Planner? Yes No
- 2.) Are you reading your Vision Statement twice each day? Yes No
- 3.) Have you adopted a long-term approach to your weight loss journey? Yes No

Planning

- 1.) Are you using your Daily Planner to plan your meals in advance? Yes No
- 2.) Are you using these to plan your shopping list in advance? Yes No
- 3.) Are you buying the right groceries, and nothing else? Yes No
- 4.) Have you decalorised your home and workplace to remove all food and drinks that are not on your plan? Yes No

Support

- 1.) Are you having weekly Check-in coaching sessions? Yes No
- 2.) Are you having your weight measured by a dietflex coach each time? Yes No
- 3.) Are you reviewing your Daily Planner carefully with the dietflex coach? Yes No
- 4.) Do you have regular contact with your supporters – mentor, food & exercise? Yes No

Food

- 1.) If you eat take-away foods or at restaurants, what choices do you make? Yes No
- 2.) Have you followed your eating plan exactly as it is laid out in your Daily Planner without deviation? Yes No
- 3.) Have you done this every day – 7 days a week? Yes No
- 4.) Are you eating only food choices from your Daily Planner? Yes No
- 5.) Are you eating your between-meal shake or bar serves twice a day and not at night? Yes No
- 6.) Are you varying your meals so that you do not eat the same meal every day? Yes No
- 7.) Are you eating your meals slowly, sitting down at the table, not working or watching TV at the same time? Yes No
- 8.) Are you following the 'one-plate rule', serving your meal on a plate and avoiding 'help yourself' refills? Yes No
- 9.) If you are experiencing cravings, have you considered taking a multi-vitamin? Yes No
- 10.) Are you limiting take-away food and restaurant eating to no more than twice a week? Yes No

Drinks

- 1.) Are you drinking only choices from your Daily Planner? Yes No
- 2.) Are you drinking 8 glasses or 2 litres of water every day? Yes No
- 3.) If you are sweetening tea or coffee, are you avoiding sugar, honey and artificial sweeteners, and using an alternative like Stevia? Yes No
- 4.) Are you limiting alcohol to no more than 2 standard drinks and no more than 2 days per week? Yes No

Time Management

- 1.) Are you eating breakfast within 60 minutes of waking? Yes No
- 2.) Are you having your last meal before 8pm? Yes No
- 3.) Are you sleeping at least 7 hours each night? Yes No
- 4.) Is your daily routine consistent without recent changes? Yes No

Exercise

- 1.) Are you making an effort to exercise at an intensity where your heart rate is elevated and you are breathing heavily? Yes No
- 2.) Are you recording all your exercise in your Daily Planner? Yes No
- 3.) Are you trying to find ways to get in some incidental activity? How? _____ Yes No
- 4.) Are you doing at least 30 minutes of planned exercise at least 6 days a week? Which days? _____ Yes No
- 5.) What, where and when _____ Yes No

Health

- 1.) Have you been unwell recently? Yes No
- 2.) Have you quit smoking recently? Yes No
- 3.) Are you under a lot of stress at the moment? Yes No
- 4.) Are your bowel movements irregular? Yes No
- 5.) Are you taking any medication or have any condition that might affect your weight? If so, consult your doctor. Yes No
- 6.) Do you suspect your hormones may not be balanced? (eg thyroid function, insulin resistance, pre-diabetes, PCOS etc) Yes No
- 7.) Do you have mood swings, get cold hands or feet, or suspect that you are moving toward menopause? Yes No