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## Your Weight Loss Success Plan

Before you Set your Weight Loss Goal, read the report, The Top 5 Worst Dieting Mistakes.

If you are frustrated with your weight, chances are – you want it gone yesterday! But it took more than a day to put it on, most likely, it snuck up on you bit by bit. You will need some patience with your results.

Let's be realistic in defining your plan: There are many programs that exclaim dramatic results, and although it sounds sexy and exciting to lose 30 lbs in a month, it's not as healthy and sustainable for your body as the longterm focus. If you want lasting results, you will want to focus on the small and simple changes. Healthy Weight Loss is typically 1-2 pounds per week.

What is your Weight Loss Goal? \_\_\_\_\_

Healthy Weight Loss is 1-2 pounds per week, so how many weeks will it take you to reach your weight loss goal? \_\_\_\_\_

What will you do to Achieve this? The best plans are those that we make time for everyday.

There are 2 main pieces to Healthy Weight Loss: What we Eat, and How much we move!

**Healthy Eating:** What we eat accounts for 80% of our weight loss results. If you are unclear about what to eat- don't worry, I will cover it in a step by step approach as we go. Or, you can get the indepth Nutrition information in my book: The Health Coach's Guide to Nutrition in Action:

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**Exercise & Fitness:** Most of us lead fairly sedentary lives and we need to be moving more. Pick some of your favorite things to do and stick with it. Exercise doesn't have to be hard. What will you do, how often and how much?

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