



From Fat to Thin Thinking



Weekly Planning Huddle Checklist

- Shift Breath:** Connect with your Inner Coach for 10 minutes before the beginning of your week. (Sunday morning is a great time to do this.)
- Review and Reflect:** Review your last week. What worked? What didn't? Problem solve issues so that you are prepared this week. Use the Review and Reflect worksheet on the web site or in the book.
- Weekly Weight Release Calculator + Planner:** Go to the Weight Release Calculator/Planner online and plan your weight release and exercise goals for the week. Print out your planner and keep it handy.
- Plan Your Meals and Snacks. Make a Shopping List:** If you need ideas, access the Food Resources online.
- Strategize Any Challenges for the Week:** If you have social events or challenging situations, think them through. Have a plan for success.
- Create a Vision for a Successful Week:** Close your eyes and imagine yourself a week into the future, feeling good, lighter, having had a great week.

Remember:

- Get rid of any trigger foods that have gotten into your environment.
- Make sure you shop and are stocked up on healthy meal, snacks, and treats ingredients.
- Remind your supporters to keep supporting you (including yourself!)

Have a Great Week!

