



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.

Weight Loss Checklist

**Marjolijn Bijlefeld, Sharon K.
Zoumbaris**



Weight Loss Checklist:

Embracing the Melody of Expression: An Emotional Symphony within **Weight Loss Checklist**

In a global eaten by screens and the ceaseless chatter of instantaneous conversation, the melodic beauty and mental symphony produced by the written word often diminish into the back ground, eclipsed by the persistent sound and interruptions that permeate our lives. However, situated within the pages of **Weight Loss Checklist** an enchanting literary treasure full of raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that captivating masterpiece conducts readers on a psychological trip, well unraveling the concealed tunes and profound affect resonating within each carefully crafted phrase. Within the depths of this touching assessment, we will discover the book is central harmonies, analyze their enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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