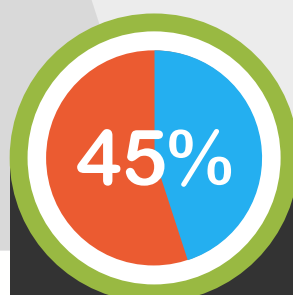


HOW TO

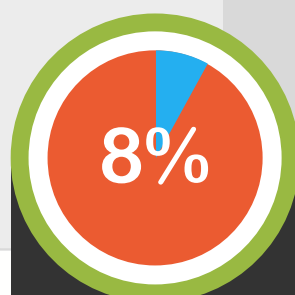
SET AND REACH your Weight Loss Resolution



Weight loss is the
#1 New Year resolution,
but resolutions are difficult to keep.



made
resolutions.



kept
resolutions.

Here's a **QUICK GUIDE** to
setting and reaching your resolutions this year!

1

REFLECT

Get clear on why the achievement of
your resolution is important. You'll
need to come back to this if you falter!

Set a weight loss goal for the year that
is realistic, then break this up into even
shorter term goals of 30-60 days, with a
specific diet and activity plan to guide you.

RESOLVE

2

3

REPLACE

Clear out your pantry and stock up with
only healthy foods. Then work to build new
activity and eating habits that take the
place of your current habits.

Track your progress daily, tell your family
and friends about your resolution to
create more accountability, and recruit
a partner to share your journey.

RECORD

4

5

REWARD

Rather than using unhealthy food as a
reward or cheat, give yourself healthy or
relaxing experiences –such a spa treatment
or taking a new fitness class.

WEIGHTNOTSM can help you achieve
your weight loss resolution in the New Year.

We invite you to learn more.

CONTACT US

WEIGHTNOTSM

www.weightnot.com