My Weight Loss Plan

*PART 1: Healthy Food Swaps*

|  |  |
| --- | --- |
| **Foods I Eat Regularly** | **Healthier Alternative from the Cancer Fighting Food List for Weight Loss** |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
| 6. |  |
| 7. |  |
| 8. |  |
| 9. |  |
| 10. |  |
| 11. |  |
| 12. |  |

*PART 2: Plan to Build Strength and Muscle*

* In the first column write 3 ways you will incorporate more physical movement into your day or week
* In the second column write how much time you will dedicate to each activity

For example…

1. Home YouTube workouts - 10 minutes a day each morning
2. Walk after dinner – 10 minutes each night
3. Buy 1 kg and 3 kg weights – lift for 15 minutes at least 3-4 times per week

|  |  |
| --- | --- |
| **Physical Activity** | **Dedicated Time per Activity (per day or week)** |
| 1. |  |
| 2. |  |
| 3. |  |

*Part 3: Changing Unhealthy Habits*

This exercise is meant to help you identify unhealthy habits that may be keeping you from losing weight. Answer the questions below by circling: YES or NO.

|  |  |
| --- | --- |
| Do you eat more when you are feeling stressed? | YES NO |
| Do you eat more when you are feeling emotional? | YES NO |
| Have you been drinking more than 1 alcoholic beverage per day or 7 per week? | YES NO |
| Do you lack motivation to exercise? | YES NO |
| Is pain and/ or fatigue keeping you from being active? | YES NO |
| Are you eating out of boredom or loneliness? | YES NO |
| Do you drink 8 glasses of water a day? | YES NO |
| Do you get a good quality sleep at night? | YES NO |
| Are there any other unhealthy habits that you can think of? |   |

For each question that you answered YES, write down ONE thing you can do to change your unhealthy habits.

Here are some examples…

1. If you tend to eat more when you feel stressed, emotional, bored, or lonely, think of something you can do instead of eating that has a calming effect. Something that you enjoy doing or something new you can try (like doing puzzles, knitting, journaling) that will keep you busy or take your mind off what is making you stressed.
2. Because alcohol is known to cause certain types of cancers, it’s recommended to have no more than 1 drink per day for women, and 2 per day for men. It also contains loads of empty calories and affects how your liver processes fat! Try to limit yourself to the above recommendations (or less!) to make it easier for your body to burn fat.
3. It can be difficult to start a new exercise regime and stay motivated at first, so think of a how you can break down your goals into baby steps so that it doesn’t seem as daunting. Start out with only 2 minutes a day and work your way up from there! Any movement is better than none!
4. If you’re suffering from pain and fatigue, try looking up gentle yoga or stretching videos on YouTube made especially for people with your symptoms. Or check out some of the video links provided in the training notes!
5. Staying hydrated is essential for proper digestion and weight loss! Try to drink about 8 glasses a day, especially first thing in the morning. If you don’t like drinking water, try making water infusions: <https://www.culinaryhill.com/8-infused-water-recipes/>
6. A lack of sleep can increase your appetite by changing hormones that makes you more likely to eat unhealthy foods and influences how your body stores fat. Aim to get 7-9 hours a night and speak to your doctor if you’re having difficulty getting a restful sleep.

10 Tips for Staying Consistent and Motivated

1. Allow yourself to have rest days (1-3 per week).
2. Be kind to yourself. Allow yourself to feel unmotivated some days.
3. Do a DAILY morning check-in: Keep a journal and write down what went well yesterday and what didn’t? Are you ready to add more healthy food swaps to your diet? Are you ready to increase your physical activity or the amount of weight you’re lifting?
4. On days when you have more energy than others, try to do more than you planned to in case you don’t feel up to it the next day.
5. Have realistic expectations and allow yourself to make gradual progress.
6. Focus on the outcome, knowing that it can take weeks to start seeing results.
7. Celebrate your success! How will you celebrate your weight loss milestones?
8. Is there anything you can purchase that will help to get you started and stay motivated?  Maybe new running shoes or workout clothes?
9. Is there anyone who can hold you accountable? Maybe a workout buddy or someone to go for walks with?
10. Ask your family members to get onboard with making healthy dietary changes with you. Ask them if they have any health goals which they would like to achieve so you can work on them together.