

Weight Loss Quest Part 2

PROTOCOL CREATION

Start with what you are doing right now, in a typical week. no-one else has to see. It doesn't have to be perfect and include everything, but just set your timer for 15 minutes and do your best. The more honest you can be with yourself, the more you will learn.

I'd encourage you to not censor yourself, but just jot down your thoughts and feelings in Step 3 below, as they come up.

STEP 1: CURRENT EATING PLAN

WHAT I EAT

BREAKFAST	
LUNCH	
DINNER	
SNACKS	
BEVERAGES	
FOOD LIST (WHAT'S INCLUDED & WHAT I AVOID):	

STEP 2: CURRENT SELF CARE

MY SCHEDULE

MEALS	
SNACKS	
DRINKS	
OTHER	

SLEEP

BED TIME	
TIME I GET UP	
NAPS (IF ANY)	

EXERCISE

WHAT I DO?	
HOW LONG?	
HOW OFTEN?	

SELF CARE

WHAT I DO?	
HOW LONG?	
HOW OFTEN?	

STEP 3: REFLECTIONS

What thoughts and feelings are you noticing as you are writing down your current protocol?

Did you learn anything surprising?

STEP 4: SMART GOAL