



10,000 STEPS

Might sound like a lot, but the goal of this habit is to increase your daily activity. Getting your steps in is an easy, low intensity way to increase how many calories you burn a day without disrupting your day



1G OF PROTEIN PER LB OF (IDEAL) BODYWEIGHT

Protein helps to maintain muscle mass while you lose fat. It also helps to increase your feeling a fullness when you eat, causing you to eat less calories overall. Aim for a palm sized portion of protein at each meal.



WATER-DRINK 1/2 YOUR BW IN OZ

Not only will drinking more water improve your health and how you feel, it can also help you feel more full



MINIMIZE ALCOHOL

This can be a hard one, but alcohol contains a lot of calories, nor does it fill you up. This isn't NO alcohol, just aim to be more mindful of your consumption.



SLEEP 7-9 HOURS

When you are sleeping, you are not eating. Also, if you get enough sleep, the hormones that control hungry and satiation are balanced so you are less likely to overeat.

Using the suggestions above, choose what you would like to focus on for the next 2 weeks

	M	T	W	Th	F	Sa	Sun
Steps							
Protein							
Water							
Alcohol							
Sleep							

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