



Monthly Planner & Newsletter

My **WHY**
is where I 
THRIVE

WHY I WANT TO BE MY BEST SELF:

THIS MONTHS FOCUS:

THIS MONTHS CHALLENGES:

September round up...

The month of September was all about getting back into routine, kids went back to school, getting back into KCALS sessions and going back to basics.

We celebrated KCALS 3rd Birthday
21870 lbs 1051.5 stone that's such an outstanding amount and credit to the commitment you all make following caloric counting.

Who would have thought 3 years ago we could have built an amazing, successful business which is still going from strength to strength.

Running 6 successful support sessions with our fabulous helpers and truly amazing and inspirational members
We've developed and grown so much in 3 years, always striving to put our members at the heart of everything we do:

- A whole new ethos and lifestyle to live by
- Our own award charms
- KCALs products
- 12 week Journal jam packed with information and motivation
- Kickstart getting starting booklet
- Successful social media pages and groups
- Bi-Annual Balls
- Built our own website
- 2 walking groups
- A strong and safe KCALS community

In addition we have a different session topic discussion every week which definitely keeps us fresh and motivated, we hope that every single member leaves inspired to strive towards something new that coming week.

Thank you so much to everyone who believed in Julie and myself and helped us get KCALS off the ground

The only **WHY** you ever need is **Y**  **U**

October Step & Exercise Tracker



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Total Steps

Focused Exercise



WHATEVER THE PROBLEM THE ANSWER IS NOT IN THE FRIDGE

Food for thought...

“They” say 10lbs is a dress size! Wouldn't it be nice to feel more comfortable in your clothes and most importantly in your own skin? Its 12 weeks til Christmas so nows the time to set to and make the rest of your year the best of your year. Put yourself in a strong position to deal with the many challenges of Christmas - food, drink, nights out!

How to lose 10lbs

Drink more water



Cut down on fizzy drinks

Don't do fad diets



Reduce snacking



Eat nutrient rich foods



Move more



Track honestly



Be SMART with your goals



Don't starve!



Baked Bean Lasagne

SERVES 6 - 262 CALORIES EACH

2 medium onions, 250g mushrooms, 2 garlic cloves, 2 tins baked beans, 2 tins chopped tomatoes, 1 tsp Worcester sauce, Salt, Pepper, 150g lasagne sheets, Fry Light.

White sauce:

250g of natural low fat yoghurt, 1 tsp Dijon mustard, 2 eggs, 40g grated cheese

1. Finally chop the onions, garlic and mushrooms, fry in a for 5 minutes.
2. Add the tinned tomatoes and baked beans.
3. Season with salt, pepper and Worcester sauce.
4. Layer the bean mixture and lasagne sheets alternately.
5. Combine the yogurt, mustard and eggs together and place on top of the lasagne sheets.
6. Sprinkle over the cheese and bake in the oven for 20-30 minutes at 200C.

REMEMBER TO WEIGH AND MEASURE CALORIES WILL VARY

MEMBER HIGHLIGHTS

342lbs

LOST IN SEPTEMBER



Our Ethos

KICKSTART

Don't wait for the right time! One small positive thought every morning will KICKSTART your whole day

CHANGE

Think Small Aim High!

A little progress each day adds up to big results

ACTIVITY

Improve your mind, attitude and mood!

Find what moves you!

LIFESTYLE

Develop a lifestyle that will last forever

SUPPORT

Surround yourself with people who lift you higher

NEVER GIVE UP ON YOUR GOALS BECAUSE OF THE TIME IT WILL TAKE TO ACHIEVE THEM... THE TIME WILL PASS ANYWAY!



Meet Gabbie...

After being in and out of other weight loss companies, and up and down on the scales I knew I had to change something. When I started to get closer to my 40s I saw a poster for KCALS in my GP surgery. I've always avoided counting calories after it's explained how hard and confusing it can be (by other weight loss companies) but I thought-might aswell try this.

Calorie counting is so much clearer and easier- I can eat out without any guess work. And finally no more randomly assigned syns or points that change with the wind.

Calorie counting is easy, straightforward and clear, information is right there on all food packets and menus.

Thanks to the group and its coaches I have learned about my body and how it works and more importantly, how I can help it!

But the best part: I still get all the support I need from group.

Thanks KCALS

*Never give up on your goals because
of the time it takes to achieve them...*
the time will pass anyway!