

Week 1 – Group Homework

- **Worksheet**
 - Fill out your Motivation and Commitment Sheet (It's only for your eyes)
- **Put walking in your schedule**
 - 10 – 30 minutes, 3 to 5 times a week
- **Start tracking what you are eating and when**
 - You need to know how many calories, protein, fat, & carbs you are eating. Use an app like “MyFitnessPal” to record and manage your food.
- **Try to eliminate sugar from your diet**
 - Example: Replace sugary drinks with water, replace sugar-based cereal with steel cut oatmeal with blueberries.
- **Start reading the packages of the food you are eating**
 - Remove foods high in saturated fat, salt, and sugar. Even processed vegan foods can be high in saturated fat and sodium. 4 grams of sugar equals one teaspoon of sugar. 2300 mg. of salt = 1 teaspoon of salt.
- **Weigh Yourself**
 - Know where you are starting from so you know where you want to go.