

Week 1 – Motivation and Commitment Chart

Motivation

Define your why: Identify your deep personal reasons for wanting to lose weight. Whether it's to improve your health, gain more energy, or feel more confident, having a strong "why" can keep you motivated.

- 1.
- 2.
- 3.
- 4.
- 5.

Health Issues

List out the health issues you would like to see changed.

Current	Future Readings

Commitment Chart

Of the items below, what days and times are you willing to carve out of your day to make room for your lifestyle change.

Change	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walking or Aerobic Exercise							
Strength Exercise							
Eating Window: Fasting after 7PM							
Feed the Gut (Greens, Fiber)							
Bedtime Commitment							
Practice Deep Breathing							