

Action Steps 1- This is your wake up call.

Weigh and measure.

Do not obsess over your weight. What we resist persists. Please just record your weight and I forbid you to weigh yourself again for 21 days. I want you to focus on selfie photos and measurements instead. You are going to need a tape measure and a scale and remember to use the same one in 21 days when we check your weight and measurements again.

Current Weight and Date:

Measurements:

Waist: Hips: Arms: Legs: Other:

(Pro Tips: measure the distance from your elbow, knee, navel, etc. to make sure you measure the exact same spot. Write down whether it is a loose or tight measurement in case a different person takes the next measurements. If there is a measurement that is important to you like your butt, chest or certain part of your thigh, for example, then take that measurement also.

Selfie Time:

You must take a selfie photo of yourself without clothes front and side with good light. You will do this in the same place each time with the same lighting and distance. Just do it, don't overthink it. I encourage you to take as many selfie shots of your body as possible but it's ok if you want to wait till the end of 21 days before doing it again.

Is it done?**Nutrition Snapshot:**

Ok so you have taken a snapshot of your body, now you are ready to take a nutrition snapshot. It's simple really, please just write down everything that you ate and drank yesterday or the last day that you ate normally for you. Nobody needs to look at this but you so don't forget to include all drinks like beer or wine and how many. It's funny how many times I have talked to people who told me they were not eating much and when they wrote it down they realized different. It's very important to be honest with yourself on this, you can write on the back of these sheets for additional space.

Current Exercise Routine/How Many Minutes Per Week:

I only want you to write down the exercise and activities that you do consistently every week, Not what you do occasionally or are planning to start up again. If you have not done it for more than a week for whatever reason it should not be included. Please think carefully about how many minutes per week you are exercising or being active estimate that here. Walking, Yoga, fitness classes, swimming, running, cycling, etc.

Fitness Mindset:

Please describe your current fitness mindset, you can use additional sheets of paper. Do you like or dislike exercise? Why? Is there some person, group or institution that you resent and you relate to fitness. Why? Be Honest.

