Your Weight Loss Checklist

Trying to trim down? Whether you have a few pounds to shed or you need to drop more than that for your health, these tips will keep you on the path to success.



- [ ] Cut up veggies and fruit and keep them at eye level in your fridge for smart snacks.
- [ ] Write down your reasons for wanting to lose weight. Post them where you'll see them every day.
- [ ] Use a food diary or app to track and manage what you eat.
- [ ] Keep moving! Sitting at home watching TV could be a trigger to eat when you're not hungry.
- [ ] Put your fork down between bites. Think about what you are eating.
- [ ] Eat only when you're really hungry. If you're bored or stressed, go for a walk or text a friend.
- [ ] Work your way up to 30 minutes of exercise on most days.
- [ ] Serve your meals on smaller plates. You'll be likely to eat less.
- [ ] Don't eat snacks out of the bag or box. Put a single serving into a bowl.
- [ ] Drink water instead of high-calorie, sugary drinks.
- [ ] Eating out? Box up half your food as soon as you get it.
- [ ] Wear a pedometer to motivate you to walk more.
- [ ] Eat breakfast every day. That way you won't get too hungry and overeat later in the day.
- [ ] Pack a healthy lunch for work or school to help you avoid temptation
- [ ] Weigh yourself daily to track your weight loss. Celebrate your progress!
- [ ] Plan meals ahead of time, so you know they'll be healthy.

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