

## *Intensive*

### INTRODUCTION

## What you need to do

This is the introduction to the program so you know what's going on before you start.

In this lesson we are going to cover what you need to do to start the program.

### **In the Previous Lesson**

In the previous lesson we worked on what you can expect from the program, including what won't happen, the 5 modules in the program and what you are specifically going to learn and expect from it.

### **In this Lesson**

In this lesson we'll cover what you need to do in order to jumpstart the program and make sure you have the right start to succeed.

## Monitoring Your Weight, Food Intake, Exercise, and Sleep

Monitoring is a critical aspect of this Program if you want to succeed. I am going to ask you to monitor your weight, keep a food, exercise and sleep journal, and plan and follow menus.

### *Monitor Your Weight*

By monitoring your weight weekly, you will be able to follow **objectively** how you are losing weight step by step. Once you are at your desired weight, you should monitor your weight almost every day to make sure you are maintaining your weight and not gaining weight without realizing it.

### *Food, Exercise and Sleep Journal*

I recommend you keep a journal at least until you have completed the Program. By keeping a food, exercise, and sleep diary, you will know how much you are actually eating, drinking, exercising, and sleeping. That way you will be able to look back and pinpoint what can be cut and what can be changed. Your journal will be a tremendous help for learning about yourself and setting specific goals for each step you have ahead.

You will be tracking two types of progress:

- Daily progress. The first reason is that by nighttime, you'll probably have already forgotten what you ate in the morning, and it is important to know exactly what and how much is going into your mouth so you can make sure you are really following the recommendations of each step.
- Overall progress: The second reason to keep a food journal is to use it as a reference and to record your overall progress. By reviewing your journal, you'll be able to know how you have changed your eating, activity, and sleeping habits. You will also see how much healthier you are feeling, and that will reinforce what you are doing.

The Food and Exercise Journal will also be very helpful when you slip from the right path, which will happen from time to time. It will help you look back and see how much you have accomplished since you started so you will be motivated to keep going instead of throwing in the towel.

Keep a journal that best fits you. I'm giving you an example of a food journal that you can also use as a sleep and exercise journal. You can always use something as simple as a notebook or something as sophisticated as a phone app to track your food, sleep, and exercise—*whatever works best for you is the best method*. List what and how much you eat—*everything*—and how much you exercise—moderate or vigorous—and how much you sleep. If you Google *food journal* or *food diary*, you will find many examples, web page apps, and other tools that can help you to decide which is the right one for you.

### ***Follow a Menu Plan***

Given our busy lifestyles, it is not surprising that we often struggle to make good decisions and thinking clearly by the end of the day. When you get home hungry and exhausted from your day-to-day activities, which often include making tough decisions, you don't have too much energy left over to decide what to eat for dinner or what to prepare for the next day's lunch. That's why you need to plan ahead and know exactly what are you going to eat without having to think about it. That means having a menu planner, which lets you know what groceries you need and when you can find time to cook, or when to prepare the meals ahead of time and then store them to be used when you don't have time to prepare them.

Remember this: The more you plan your weekly meals, the more you will succeed.

## **Review and Next Steps**

And that concludes our lesson.

So let's review what you learned in this lesson. We talked about:

1. Keeping a food, exercise and sleep journal
2. Following a Menu Plan

Now let's talk about next steps.

## **Homework, Action Items, and Next Steps**

Your homework for this lesson is pretty simple: find a journal that works for you and can use as a template and prepare your own menu plan using a template and filling it up with your own meals. You can use the templates I am giving you here and my own menu plan.

## **Conclusion and Wrap Up**

**Now that we have reached the end of the lesson, you should have a strong understanding of the importance of following your journals and menu plan. Once you have started your own journals and plans, you can email me with any doubt or question you have.**

Thank you for your attention, and dedication. Now, go do your homework, and I'll see you in next lesson!