# 100-POUND WEIGHT LOSS CHECKLIST REARGE

Welcome to your journey to lose 100 pounds safely! This checklist helps you set goals, track diet and exercise, build healthy habits, and stay motivated. Use this weekly to monitor progress and celebrate milestones. Consult a doctor or dietitian before starting any weight loss plan.

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	SET YOUR GOALS		NOTES				
0	Break your 100-pound goal into manageable milestones to stay motivated.	O					
0	Define Your Why: Write down your reason for losing 100 pounds (e.g., improve health, boost energy, manage diabetes).						
0	Set Incremental Goals: Aim for 5-10% body weight loss every 3-6 months (e.g., 10-20 pounds if you weigh 200 pounds). Example: Month 1: Lose 5 pounds; Month 3: Lose 15						
0	pounds.  Choose a Tracking Tool:  Download a weight loss  app like MyFitnessPal or  Lose It!.						
0	Schedule Check-Ins: Plan weekly weigh-ins (e.g., every Monday morning) and monthly progress						

reviews.

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### PLAN YOUR DIET

- Create a Weekly Meal Plan: Plan 3 meals and 1-2 snacks daily (see sample plan in the article).
- Include 50% vegetables, 25% lean protein, 25% whole grains per meal.
   Example: Grilled chicken (4 oz), 1 cup broccoli, 1/2 cup quinoa.
- Track Food Intake: Log meals daily using a food scale for accuracy.
   Aim for 20-30g protein per meal (e.g., 4 oz salmon = 25g).
- Purge Tempting Foods: Remove high-calorie snacks (e.g., chips, cookies) from your home.
- Stock Healthy Snacks: Keep low-calorie options like air-popped popcorn or veggies with hummus. Drink Water: Consume 8-10 cups (64-80 oz) daily, especially before meals.
- Consider Supplements: Discuss whey protein, green tea extract, or glucomannan with your doctor.

### BUILD AN EXERCISE ROUTINE

- Start with Low-Impact Activity: Walk
   30 minutes, 5 days/week (burns
   ~200 calories/session).
- Add Strength Training: Include bodyweight exercises (e.g., squats, push-ups) 2-3 times/week.
   Example: 3 sets of 12 reps (squats, planks, lunges).
- Track Activity: Use a smartwatch like Fitbit or an app to log steps and calories burned.
- Increase Intensity Gradually:
   Progress to swimming, cycling, or gym workouts after 4-6 weeks.
- Schedule Rest Days: Plan 1-2 rest days weekly to recover.

### NOTES

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### DEVELOP HEALTHY HABITS

- Use Smaller Plates: Switch to 9-inch plates to reduce portion sizes by 20-25%.
- Sleep 7-8 Hours Nightly: Create a bedtime routine (no screens 1 hour before bed).
- Try Intermittent Fasting (Optional):
   Discuss 16:8 fasting (eat within 8 hours) with your doctor.
- Monitor Non-Scale Victories: Note improvements like better energy, looser clothes, or improved mood.
- Address Skin Changes: Use moisturizers with collagen and strength train to improve elasticity.

### EXPLORE MEDICAL OPTIONS

- Consult a Doctor: Discuss eligibility for bariatric surgery (BMI ≥40 or ≥35 with comorbidities).
- Explore Medications: Ask about
   Zepbound or Wegovy if BMI ≥30 or
   ≥27 with health issues.
- Prepare for Surgery (if applicable):
   Follow a high-protein, low-carb diet pre- and post-surgery.
- Schedule Follow-Ups: Plan quarterly check-ins with a doctor or dietitian.

### BUILD AN EXERCISE ROUTINE

- Join a Support Group: Connect with communities like <u>Obesity Action</u> <u>Coalition</u> or Reddit's <u>r/loseit</u>.
- Find an Accountability Partner: Share goals with a friend or family member for weekly check-ins.
- Ocelebrate Milestones: Reward progress with non-food items (e.g., new workout gear).
- Seek Psychological Support:
   Consider therapy via <u>BetterHelp</u> for emotional eating or stress.
- Track Motivation: Write down 1-2 positive changes weekly (e.g., "I walked 10,000 steps!").

### NOTES

# NEEKLY TRACKER

Day	Weight	Calories	Exercise Minutes	Ounces Water	Notes - Non Scale Victory
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



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