

COMPREHENSIVE WEBINAR WORKSHEET

Midlife Metabolism Makeover: Release 10 Pounds in 2 Weeks

This comprehensive worksheet is designed to be your roadmap to success. By actively engaging with these questions and creating a personalized plan, you'll be well on your way to achieving your weight loss goals and transforming your health in midlife!

1. The Power of "Why"

- **Dig deep:** What are your most compelling reasons for wanting to lose weight?
 - Think beyond the physical benefits. How will weight loss positively impact your:
 - Emotional well-being: (e.g., increased self-confidence, improved mood, reduced stress)
 - Relationships: (e.g., more energy for loved ones, improved intimacy)
 - Overall quality of life: (e.g., ability to participate in activities you enjoy, increased independence)

- **Visualization:** Imagine yourself achieving your weight loss goal.
 - How do you feel?
 - What are you doing?
 - Who are you with?

2. Setting S.M.A.R.T. Goals

- **My S.M.A.R.T. Goal:**

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- **Specific:** (e.g., "Lose 10 pounds," "Reduce body fat by 5%")

- **Measurable:** (e.g., "Track weight weekly," "Take measurements monthly")

- **Attainable:** (Is this goal realistic for you within the given timeframe?)

- **Relevant:** (Does this goal align with your values and priorities?)

- **Time-bound:** (e.g., "Achieve this goal within 2 weeks," "Reach my target weight by [date]")

- **Action Plan:**

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- What specific steps will you take to achieve this goal? (e.g., "Exercise 3 times a week," "Track my food intake," "Drink more water")

3. Creating Healthy Habits

- **Habit #1:**

- **Trigger:** (What will cue this habit?)

- **Routine:** (What is the specific behavior?)

- **Reward:** (How will you reinforce this habit?)

- **Habit #2:**

- **Trigger:** (What will cue this habit?)

- **Routine:** (What is the specific behavior?)

- **Reward:** (How will you reinforce this habit?)

4. Accountability & Support

- **Accountability Partner:**

- Who will you share your goals with and check in with regularly?

- How often will you connect?

- **Support System:**

- How will you involve friends and family in your journey?

- Will you join any online communities or groups for additional support?

5. Nutrition Power-Up

- **Protein:**

- Calculate your daily protein needs: (Body weight in pounds) x (0.8-1 gram) = _____ grams of protein per day
- List 5 high-protein foods you will incorporate into your meals this week:

- **Intermittent Fasting:**

- Is intermittent fasting something you're interested in exploring?

- If so, which method are you considering?

- **Macronutrient Balance:**

- What is your current understanding of macronutrients (protein, carbohydrates, and fats)?

- Do you plan to track your macros? If so, how?

- **Hydration:**

- Calculate your daily water intake goal: (Body weight in pounds) / 2 = _____ ounces of water per day
- How will you ensure you meet this goal?

6. Food Journaling

- **How will you track your food intake?** (e.g., app, notebook)

- **What specific information will you track?** (e.g., calories, macros, portion sizes, meal times, emotions)

7. Action Steps

- **Today's Action:** What is one specific action you will take today to move closer to your goals?

- **This Week's Actions:** List 3 actions you will take this week to build momentum: