Checklist before starting the 30-Day Challenge

- ☐ I have read Björn's story and learned which weight loss methods are less effective and what successes are possible with *Healthy Weight Loss*.
- ☐ I have explored my innermost motivations for losing weight.
- ☐ I have imagined my vision of my new self and my new life and illustrated it on a vision board.
- ☐ I have set myself a major goal that I want to achieve in the next 6-12 months, which is specific, measurable, attractive, realistic, and time-bound.
- ☐ I have broken down my main goal into smaller, achievable intermediate goals that I want to achieve each month.
- ☐ I have sought out allies, informed them of my plans, and asked for their support.
- ☐ I recorded my current diet in a food diary for a week, marking the foods I ate in 5 different colors by group, which gave me a clear picture of my current nutritional situation.
- ☐ I studied all 10+1 principles of the weight loss formula and realized that their effects are explainable, proven, and scientifically substantiated.
- ☐ I created a new diet plan that I can implement.
- ☐ I created an action overview that shows me exactly what my current situation is, what my ideal situation should be, and what changes I need to make to get there.
- ☐ I found out about the optional booster and checked whether and when it would be suitable for me.