Weight Loss Workbook

(In combination with the main program book)

Chapter 1

As a first, small task, I would like you to reflect on my weight loss story that you have just experienced. Here are a few questions:

1. To what extent do you recognize yourself in my story?

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2. Have you tried similar weight loss methods? What were your results?

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3. What can you take away from my experiences?

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4. What methods have you tried so far? Were they successful or not?

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5. What feelings and thoughts did you have during your own weight loss attempts?

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Write down your answers so that you can find them again later – if the space here is not enough, use a diary/notebook or a file (maybe even stored online), such as a Google Doc. This mental exercise will help you to process your experiences so far and prepare you for your own journey and the upcoming chapters. Now it's your turn! Come on, join in :-)

Chapter 2

Before you read on, take time to do these tasks to identify and visualize your personal motivators for losing weight. These steps will help you create a solid foundation for your weight loss journey.

Step 1: Self-reflection

- ☐ Take 30 minutes to think about your reasons for losing weight.
- ☐ Write down five reasons why you want to lose weight. Be honest with yourself and think of situations in which you felt uncomfortable.

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Step 2: Keep a diary

- ☐ Start a diary in which you write down your thoughts and feelings about losing weight.
- ☐ Write a page about how you currently feel in your body and what you want to change.

Step 3: Have conversations

- ☐ Talk to someone close to you (friend, family member or therapist) about your intention to lose weight.
- ☐ Write down the most important points from this conversation in your diary. What helped you to see your reasons more clearly?

Step 4: Visualization

- ☐ Imagine your life when you have achieved your weight loss goal. What does your daily routine look like? How do you feel? What has changed? What effect do you want to have on other people?
- ☐ Describe this image in detail in your diary. Paint the scenes as vividly as possible.

Step 5: Create a vision board

- ☐ Collect images and quotes that motivate and inspire you. These can be from magazines, the internet or personal photos.
- ☐ Create a vision board by arranging these elements on a large sheet of paper or a bulletin board.

- ☐ Hang your vision board in a place where you see it every day, such as your bedroom or office.

Step 6: Create reminders

- ☐ Create little reminders in your daily life that will remind you of your motivators (e.g. notes, photos, wallpaper on your cell phone).
- ☐ Place at least three reminders around you. Note where you have placed them and why they motivate you.

Once you have completed all these tasks, you will have a clear picture of your personal motivators and feel empowered on your weight loss journey. This motivation will help you persevere and achieve your goals. Now you are ready to move on to the next section.

Chapter 3

Now take some time to formulate and plan your weight loss goals. These steps will help you develop a clear direction and structure for your weight loss journey.

- ☐ 1. Formulate a major goal that you would like to achieve in the next 6 - 12 months. Make sure that it is specific, measurable, attractive, realistic and scheduled.

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- ☐ 2. Break down your main goal into smaller intermediate goals. These should be achievable within shorter periods of time (e.g. monthly or quarterly).

- [ ] 3. Write down at least three intermediate goals in your journal or on a piece of paper.

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After you've completed this task, you'll have clear and actionable goals to help you stay on track. Now you're ready to read the next section and continue your weight loss journey.

Chapter 4

Before you read on, take some time to do the following tasks:

- [ ] 1. Identify supporters: Make a list of people around you who could support you: significant other, children, other family members, friends and colleagues.

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- ☐ 2. Approach them and ask for support:
    - ☐ Partner: Have an open conversation with your partner. Use the conversation template to explain your goals and needs.
    - ☐ Children: Explain the importance of healthy eating to your children and involve them in planning and preparing meals.
    - ☐ Family: Talk to parents and grandparents about how they can support you. They may want to try healthy recipes with you or go for walks together.
    - ☐ Friends: Share your weight loss goals with close friends. Ask them if they are interested in doing activities together, such as cooking or exercising.
    - ☐ Colleagues/boss: Discuss your goals with trusted colleagues or your boss. Ask for support, such as shared break activities or healthier options in the cafeteria.
- ☐ 3. Ask for specific support:
    - ☐ Arrange regular meetings or check-ins to discuss progress and motivate each other.
    - ☐ Plan joint activities and set aside specific times for them to integrate support into your daily routine.

Take time now to complete these tasks. Make a note of the results and reflect on how you can make the most of the help of your supporters. This is the only way to ensure that you are not fighting alone and that you achieve your goals more easily.

Chapter 5

Before you read on, take the time to complete the following tasks:

- ☐ 1. Start your food diary:
  - ☐ Select a form: Decide whether you want to use a digital diary (app) or a paper notebook.
  - ☐ Prepare your diary: Get a notebook and set up the columns mentioned above. Or simply print out the template from the Nutrition Planner (bonus).
- ☐ 2. Start logging:
  - ☐ Duration: Keep your food diary for the next seven days.
  - ☐ Details: Write down every meal, snack and drink, including approximate quantities and times.
  - ☐ Feelings and situations: Note why you are eating (e.g. hunger, stress, boredom).
- ☐ 3. Document water intake:
  - ☐ Amount: Record the amount of water you drink each day.
- ☐ 4. Fill in a sample day:
  - ☐ Today: Either fill in the diary for today as accurately as possible. Or start first thing tomorrow morning, without putting it off for too long.
- ☐ 5. Get highlighters:
  - ☐ Get a pack of 5 different colored highlighters and mark the respective food groups in color for each day, each meal - using the method described above.
- ☐ 6. evaluation and awareness:
  - ☐ Evaluate your current eating habits using your diary, as explained above, and be aware of how much of each “color”, i.e. each food group, you consume daily. This can look like this:

Green = vegetable portions: rarely, moderately, frequently
Pink = snacks and sweets/sugary foods: rarely, moderately, frequently
Orange = “White” meat: rarely, moderately, often
Red = “Red” meat: rarely, moderately, often
Blue = high in carbohydrates: rarely, moderately, often

This is how you visualize what and how often you eat certain things.

Once you have completed these tasks, you will have a clear picture of your current eating habits and be ready to make targeted changes. Only by keeping honest and detailed records can you create the basis for your weight loss success. So, being precise pays off here!

Chapter 6

Principle #1 - Eliminate high-carb foods

Here are three small tasks to help you implement this:

- ☐ 1. Take a look at your evaluated food diary.
- ☐ 2. Eliminate all foods that are high in carbohydrates from your kitchen and from your diet, especially side dishes such as pasta, rice and potatoes. Also reduce your bread consumption.
- ☐ 3. Set a goal to reduce your current carbohydrate intake by at least 50%, and later gradually by 80%.

This step may seem drastic at first, but it is crucial to your success. Start small and gradually increase your carbohydrate reduction. You will see how quickly positive changes occur.

Principle #2 - Integrate vegetables as the main component of your diet.

Here are some tasks to help you integrate vegetables into your daily routine naturally:

- ☐ 1. Go to your favorite supermarket, an organic food store or the weekly market in your city and take a look at the colorful variety of vegetables on offer.
- ☐ 2. Buy five different types of vegetables to your heart's content, e.g. zucchini, carrots, broccoli, tomatoes, eggplant. A little bit of spring onions and a few cloves of garlic will round off the flavor experience.
- ☐ Alternatively, you can also buy three ready-packaged, frozen vegetable mixes from the frozen food section of your supermarket (available in different-sized packages), e.g. stir-fry vegetables “Italian style”, stir-fry vegetables “Asian style”, etc., in conventional or organic quality.
- ☐ 3. prepare a delicious vegetable stir-fry with your main meals every day by chopping the vegetables (or just opening the bag) and, ideally, stir-frying or frying them in a pan (a saucepan also works) with a little oil (e.g. rapeseed oil).

(Also note the other principles of this weight loss formula to complete your vegetable meals and make them even tastier).

With an open mind, these steps will help you develop a taste for vegetables and naturally integrate them into your daily routine, while also noticing the positive effects on your weight and health. You will see that vegetables are not only healthy, but also delicious and versatile. Be inspired by the many possibilities and enjoy the benefits of a vegetable-rich diet.

Principle #3 - Reduce meat and choose the healthier

Before you read on, please complete the following tasks:

- ☐ 1. Meal planning: Plan your meals for the next week and include at least three dishes with white meat, fish or vegan alternatives. Use your favorite recipes or try out new ones to create variety.
- ☐ 2. Create a shopping list: Create a detailed shopping list for the planned meals. Be sure to buy a wide variety of the healthy meats presented here.
- ☐ 3. Be open to new things: Approach it with an open mind, try your way through all the white meat options mentioned. Don't categorically reject anything in advance because you think you might not like it. It's all a matter of habit.
- ☐ 4. Keep a diary: every day, write down what meals you ate and how you felt afterwards. Observe whether you feel different after eating white meat/fish/vegan than you do after eating red meat.
- ☐ 5. Try new recipes: Search for and try at least two new recipes with white meat, fish or vegan alternatives. Note down how you liked them and whether you would like to include them in your regular diet.
- ☐ 6. Gathering information: read an article or watch a short video about sustainable fishing or animal welfare to expand your knowledge about environmentally friendly meat consumption options.

Good luck with these tasks! Keep at it and watch the positive changes in your eating behavior and well-being. You can do it!

Principle #4 - Add proteins as new fillers

Here are some tips for successfully incorporating proteins into your diet:

- ☐ 1. Add a protein source(s): Choose at least one or more protein sources from the list above for each of your vegetable meals and add them to your meal.
- ☐ 2. Keep a diary: Log your protein intake for a week. Note which protein sources you have used and how much of each you have eaten (see nutritional information on the back, as well as using the rule of three to calculate the amount consumed). This will help you get a feel for how much protein you actually consume.
- ☐ 3. Try out a recipe: Prepare a high-protein recipe, for example stir-fried vegetables with cottage cheese or a quinoa salad with chickpeas. Note down your experiences and how your satiety and energy levels have changed.
- ☐ 4. Reflection: Consider how your satiety and energy levels have changed. Do you feel full for longer? Do you have fewer cravings?

If you implement these points, you will notice the satiating effect of proteins. Have fun experimenting!

Principle #5 - Add (healthy) fat

Finally, here is a little challenge for you:

- ☐ 1. Task: Incorporate at least one additional source of healthy fats into your meals every day.
- ☐ 2. Recipe suggestions: Try out new recipes that are rich in healthy fats. For example, an avocado salad, bulletproof coffee or chia pudding.
- ☐ 3. Keep a diary: Note how you feel after a week of increased fat intake. Pay attention to changes in your energy level, satiety and general well-being.
- ☐ 4. Reflection: Do you notice any positive changes? Keep track of them and think about how you can integrate these new habits into your daily routine in the long term.

I hope this section has shown you how important and beneficial healthy fats are for your diet. They can help you lose weight and feel healthy and energized at the same time. Good luck on your journey!

Principle #6 - Avoid sugar

Before you move on in the weight loss formula, complete the following tasks:

- ☐ 1. Sugar inventory: Go to your kitchen and write down all foods that contain sugar or sugar substitutes. Look carefully at the ingredient lists.
- ☐ 2. A week without added sugar: Plan a week in which you consciously avoid all foods with added sugars and sugar substitutes. Make a note of the alternatives you have found.
- ☐ 3. Change your drinking habits: Replace all sweetened drinks with water, unsweetened tea or infused water (see above for examples).
- ☐ 4. Label study: Practice reading food labels and identifying hidden sugars. Use the above list of the most common terms for sugar and sugar substitutes and see which ones you find on labels.
- ☐ 5. Reflection: At the end of the week, note how you felt, what challenges you faced, and what positive changes you noticed.
- ☐ 6: Elimination: After this sugar-free week, opt for the radical solution and eliminate sugar or sugar substitutes from your household and diet. This will help you avoid being tempted again.

Drastically reducing sugar, or even cutting it out completely, is an important step on the road to a healthier life and sustainable weight loss. You'll see that you can get by on much less sweetness. Yes, even completely without sugar.

Good luck with this journey of discovery!

Principle #7 - Drink lots of water

Here are some tasks to help you achieve your water drinking goal:

- ☐ 1. Calculate the amount of water: Determine the recommended amount of water for your weight using the formula above (0.5 fl oz per lb per day)
- ☐ 2. Install the app: Download a water-drinking app and set up reminders.
- ☐ 3. Stock up on water: Place a 1-liter (1.75 pint) carafe on your desk and fill a water bottle for when you're on the go.
- ☐ 4. Try infused water: Prepare a carafe of infused water with one of the ingredients of your choice. Feel free to experiment!
- ☐ 5. Keep a drinking diary: Log your water consumption for a week and note any changes in your well-being.

Drinking water sounds simple, but it is a powerful tool in your weight loss process. It supports your body in many ways and can help you to lose weight effectively and sustainably. Take the time to get used to it, and you will soon notice the positive changes. Hang in there, it's worth it!

Principle #8 - Cut out alcohol

Follow these steps to successfully quit drinking alcohol:

- ☐ Keep a diary: Record your alcohol consumption for a week and note down how you feel.
- ☐ Try alcohol-free alternatives: Try different non-alcoholic drinks and find your favorites.
- ☐ Develop social strategies: Think about how you can avoid alcohol in social situations.

It may seem difficult at first to give up alcohol, especially if it is an integral part of your life. But the benefits you can achieve are worth it. You will find that you feel better, have more energy, and lose weight faster. It is a small price to pay for a big improvement in your quality of life.

Take your time with these tasks and observe the effects on your body and well-being.

Principle #9 - Exercise regularly

These tasks will help you incorporate more exercise into your daily routine:

- ☐ Plan daily walks: Set yourself the goal of walking for at least 30 minutes every day. Enter these times in your calendar so that you see them as an integral part of your daily routine.
- ☐ Count your steps: Get a fitness watch or download a pedometer app to your phone. Your goal should be to reach at least 10,000 steps per day (about 7 km).
- ☐ Move around in your everyday life: Think of three situations in your daily life where you can move more. Examples: Take the stairs instead of the elevator, walk shorter distances, walk around while talking on the phone.

- ☐ Plan active get-togethers: Arrange to meet a friend for a walk in the park or outdoors.

Complete these tasks within the next week and observe how your exercise habits change. Write down your progress and how you feel.

Principle #10 - Persevere, measure your progress

- ☐ Daily weighing: Weigh yourself at the same time every morning and record your weight in a journal or app. Search for “weight loss tracker” in the app store.
- ☐ Measure your body circumference: Measure your waist circumference (if you are a man) and other body measurements (if you are a woman) once a week and record the values.
- ☐ Visualize your goals: Write down a specific goal and hang it up where you can see it. Imagine how you will feel when you achieve it.
- ☐ Plan exceptions: Consciously plan one small exception per week and enjoy it without feeling guilty.
- ☐ Seek support: Share your progress with a friend or in an online community.

With these tips and strategies, you are well equipped to follow your path. It may not always be easy, but it is doable. You can do it!

Principle #11 – Booster: Only eat within a fixed time window

Here are some action-oriented tasks to help you integrate intermittent fasting into your weight loss plan:

- ☐ Set a start date: Choose a day in the coming week to start intermittent fasting.

- ☐ Determine your time window: Decide on a window for eating, e.g., 10:00 a.m. to 6:00 p.m. (16/8 method).
- ☐ Plan your meals: Plan two nutrient-rich meals within this window, plus another small snack if necessary.
- ☐ Ensure hydration: Drink plenty of water, herbal tea, or black coffee during the fasting period.
- ☐ Document your first week: Write down your meal times, what you ate, and how you felt each day.
- ☐ Reflect and adjust: After a week, review your notes and adjust your time window or meals if necessary.

To help you decide whether interval fasting makes sense for you as a booster, I have prepared a decision-making guide in the later chapter “Start the 30-day challenge.” Just keep reading or jump there now.

Next Steps

Go on reading chapters 7 - 12 in the main program book.