

Week One Workbook



DISCOVERING YOUR BEST



How You Feel About Food

This exercise will help you to identify the foods you label as either “good” or “bad”. Being aware of this mindset will help you to work on changing it toward on that’s more beneficial to you.

What foods do you label “bad” foods? Why?

What foods do you label “good” foods? Why?

How do you feel about yourself after eating “bad” foods?

How do you feel about yourself after eating “good” foods?

Remember, according to the Academy of Nutrition and Dietetics, all foods can fit into a healthy diet using the simple principles of balance, variety and moderation. If you decide to have a slice of birthday cake, don't beat yourself up over it. Sugars are also part of the daily recommended foods as long as they are eaten in moderation.

Starting Measurements

With a cloth tape measure, carefully measure the following in inches:

Chest (around the fullest part of your bra)

Natural Waist (Just below ribs)

Low waist (about 2 inches below belly button)

Hips (around the fullest part)

Fullest part of upper arm (left and right)

Thickest part of thigh (left and right)

Enter your starting weight here

Taking Starting Pictures

Pictures are a great way remind yourself of how far you have come. Most of us won't remember how we looked at the start of the program and this is a great way to track progress. If you don't have someone to help you take the pictures, use a webcam, a timer on a camera, or a mirror. Ideally, these should be done with a tank top or something form fitting.

Attach your printed pictures here for future reference:

Full Body From the Front

Continued...

Full Body From the Right Side

Full Body From the Left Side

Monday

Track your daily Energy Expenditure

1. Fill out the table, hour by hour, by noting minutes spent in each activity zone.
2. After filling out the entire 24 hours, you can sum up minutes and hours in the "Sum" line.
3. Enter values into the calculator <http://www.health-calc.com/diet/energy-expenditure-advanced>

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Tuesday

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Sunday

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Why I Joined

This exercise is designed to help you identify your "Why". Why does succeeding at this program matter, even when things feel tough?

Why did I join this program?

What do I hope to achieve by taking part in this program?

How will healthy eating and being active help me and help others?
