

EAT FAT, GET THIN

Challenge Measurements & Journal Entries

Preparation Phase

Measurements:

Weight		<input type="text"/>	pounds	
Height	<input type="text"/>	feet	<input type="text"/>	inches
Waist size		<input type="text"/>	inches	
Hip Size		<input type="text"/>	inches	
Thigh circumference		<input type="text"/>	inches	
Blood Pressure		<input type="text"/>	mm Hg	



Measurement Tips

Weight

Weight yourself first thing in the morning without clothes on and after going to the bathroom.

Waist Size

Using a tape measure, find the widest point around your belly button, not where your belt is.

Hip size

Using a tape measure, find the widest point around your hips.

Thigh circumference

Measure the widest point around each of your thighs.

Blood pressure

This can be done by your doctor or at the drugstore, or you can buy a home blood pressure cuff.

Blood sugar

Ideally, it's done before breakfast and repeated two hours after you've eaten. It is also a good idea to measure your blood sugar two hours after dinner to see how your meal affect your blood sugar. Drugstores sell inexpensive glucose monitors.

Journal Entries

What is my relationship with food, and how would I like to nourish myself?

What beliefs about fat do I have that might be holding me back?

What are my intentions in starting this 21day journey?

What are 3 goals that I would like to set for myself during the next couple of weeks?

What are some things that I know have held me back from reaching my goals in the past?

How do I want to feel at the end of this journey?

How do I see my life changing by learning to nourish and take care of myself properly?

Week One

Measurements:

Weight		<input type="text"/>	pounds
Height	<input type="text"/> feet	<input type="text"/>	inches
Waist size		<input type="text"/>	inches
Hip Size		<input type="text"/>	inches
Thigh circumference		<input type="text"/>	inches
Blood Pressure		<input type="text"/>	mm Hg

Journal Entries

How am I feeling today physically?

What thoughts and emotions are present for me today?

What detox symptoms (if any) am I experiencing?

How am I responding mentally and emotionally to these symptoms?

How can I give myself permission to allow the detox process to unfold?

What would my life look like if I was not addicted to sugar or flour?

Week Two

Measurements:

Weight		<input type="text"/>	pounds
Height	<input type="text"/> feet	<input type="text"/>	inches
Waist size		<input type="text"/>	inches
Hip Size		<input type="text"/>	inches
Thigh circumference		<input type="text"/>	inches
Blood Pressure		<input type="text"/>	mm Hg

Journal Entries

What changes do I notice in my body?

What do I believe to be true about myself and my exercise habits?

What has stopped me from getting in shape in the past?

What are my top three reasons for getting in shape?

What would my life look like if I were fit and healthy?

What practices can I put into place to keep me on track with my exercise routine?

What kind of physical activities have I always wanted to try?

Week Three

Measurements:

Weight		<input type="text"/>	pounds
Height	<input type="text"/>	feet	<input type="text"/> inches
Waist size		<input type="text"/>	inches
Hip Size		<input type="text"/>	inches
Thigh circumference		<input type="text"/>	inches
Blood Pressure		<input type="text"/>	mm Hg

Journal Entries

Have any challenging emotions surfaced for me this week?

Have I been using food to avoid dealing with feelings from the past?

What new, positive, transforming story can I create about where I am headed with my health, weight and wellbeing?

What relaxes me the most?

What events or circumstances in my life usually trigger stress?

How can I remind myself to implement my stressreducing practices in difficult moments?

What limiting beliefs were holding me back from achieving my goals?

Transition Phase

Measurements:

Weight		<input type="text"/>	pounds
Height	<input type="text"/>	feet	<input type="text"/> inches
Waist size		<input type="text"/>	inches
Hip Size		<input type="text"/>	inches
Thigh circumference		<input type="text"/>	inches
Blood Pressure		<input type="text"/>	mm Hg

Journal Entries

What do I notice about how I look and feel physically?

What do I notice about my moods and emotions?

What do I notice about my energy levels?

Where in my life, or at the periphery of my life, do healthy communities exist?

What keeps me from others for support and connection?

What are my fears during this transition phase?

What are my plans for creating connection and community going forward to support my health and weight loss success?
