

5-Step Plan

Permanent Weight Loss

This is a free guide: no cost, no gimmicks.

Introduction

This 5-step plan is an easy and effective guide to help you incorporate small, healthy changes into your lifestyle. You will repeat these five steps week after week to achieve permanent weight loss.

This plan has been proven effective over and over again in my work as a weight loss coach and helping others achieve permanent weight loss.

Why It Works

The only way to lose weight *for good* is to make small, gradual, and healthy changes to your eating and exercise habits *for good*. [Read our approach to weight loss online.](#)

Instead of making drastic changes that are unrealistic to maintain, focus instead on making gradual changes that you *can* maintain.

For some of you this might mean *starting to walk* 5 minutes a day or skipping the drive-thru and cooking one more meal at home. For others it might mean running six days a week instead of five.

Your lifestyle and current habits are unique which is why your small changes will be unique. Only *you* know what you are ready and willing to do. You decide what's realistic for *you* (depending on your current habits) and progress at your own pace.

“Little by little does the trick.” ~Aesop

Commit *now* to making your first small change and follow our *free* 5-step plan on the next page.

Step 1: Choose One Small Change

Choose *one* small change that you are ready and willing to make within 7 days.

Sample small change: *Start walking more on my treadmill*

Write *your* small change here:

Need help deciding?

- What have you been meaning to do but haven't done yet?
- What have you been saying you "should" do?
- Make a list of all things you *could* do and then choose one.

Determine your baseline

Once you have decided on a small change, determine your baseline.

Sample baseline: *Currently walking 10 minutes per week on my treadmill*

Record *your* baseline:

Step 2: Set a BEST goal

Follow the steps below when creating each of your BEST goals:

B Behavior-based

Be sure your small change is focused on behavior and not on weight loss. You have more control over your behavior than your weight.

E Exact

Add as much detail as possible to your small change. Set an exact goal by answering what, when, where, how often, and how much:

Sample exact goal: *Two days next week (Monday, July 15th and Wednesday, July 17th), I will walk on the treadmill in my living room for 15 minutes from 7:00 a.m. – 7:15 a.m.*

Record *your* exact goal:

S Sensible

Determine if you can *realistically* achieve your goal. If yes, great! If no, modify your goal.

T Time-sensitive

Set a *one-week* deadline for your goal.

Sample one-week time frame: *Sunday, July 14th – Saturday July 20th*

Record *your* one-week time frame:

Step 3: Create a plan to achieve your goal

Plan *how* you will achieve your **BEST** goal.

If you've tried achieving the same goal in the past, which parts worked?

What will you do differently *this* time?

What *might* work that you have never tried?

What resources or supplies do you need to achieve your goal?

Plan on making time to achieve your goal.

What can you delete from your schedule or simply give up?

What can you delegate or put on the “back burner”?

Where can you spend your time more effectively?

Plan for Obstacles

Make a list of obstacles (internal and external) you might face that could get in the way of achieving your BEST goal within your one-week time frame. Then brainstorm potential solutions for each obstacle.

Sample obstacle: *A mandatory work meeting Monday at 8 a.m.*

Sample solution: *Walk on the treadmill Monday after work*

Make a list of *your* potential obstacles and solutions.

Plan for Obstacles	
Potential Obstacles	Potential Solutions

Step 4: Recruit your support team

Identify who can and *will* support you on your journey to permanent weight loss. Then identify *how* they can help you achieve your BEST goal.

Sample team member: *Nancy (co-worker)*

Sample supporting role: *Hold me accountable by asking me about my exercise Monday morning.*

Identify *your* support team and each team member's role:

Support Team	
Team Member	Supporting Role

Step 5: Follow your plan

Reflect at the end of each week

At the end of each week's deadline, look back and answer the questions below. Use this information to set your next BEST goal and develop a plan to achieve it.

- What did you do well?
- What are you the most proud of?

- What was the toughest challenge you faced?
- How did you handle it?

- What would you go back and do differently if you could?
- What will you do differently *next* week?

Congratulations! It's time to set your *next* BEST goal by starting again with **Step 1**.