

The CogniDiet®

WEIGHT LOSS PROGRAMS

Chapter 1 - Cheat Sheets

MY FUTURE ME IN PICTURES

General Recommendations

- We recommend you start a binder and print and fill in all the cheat sheets we provide you with.
- You should also carry a little note book all day long and write down your findings, feelings and aha moments.
- We recommend you listen to my slide show several times, pause, go back, read the book and do your home work
- Creating goals, a vision board and a commitment to your success is crucial

Your To-Do List This Week

- Detail your biggest challenges
- Write your goals and benefits/create your vision board
- Track your progress
- Read Chapter 1 in the book
- Eliminate or cut something: 20% sodas, 80% starchy or sugary foods, processed foods, alcohol, sugar
- Gauge your stress and observe impact on cravings
- Increase activity level
- “Clean your agenda” of sabotaging activities so it is focused on your goals

Actions: Create a Vision Board and Start a Diary



My Biggest Weight Loss Challenges/Actions

Challenge	Describe the Challenge	Actions
Challenge #1		
Challenge #2		
Challenge #3		
Challenge #4		

My “New Me” in Words

What are your words to describe your new feelings about yourself? Be bold!

My Goals:

My Benefits:

My Motto:



Change the Way You Eat Now!

Day	Soda # of cans or glasses per day	Fast Food Count 1 point for each meal If you had 2 hamburgers at one meal count 2 points	Sweets/Salty Treats Count 1 for each time you have a treat. Remember it includes sugary drinks!	Vegetables Count 1 each time you have a cup of fresh vegetables (potatoes/fries/legumes not included) Canned vegetables do not count as fresh. Frozen is OK.
Day 1				
Day 2				
Day 3				
Total				
Average (TOTAL divided by 3 days)				
Now Cut or Increase Pencil in the number	Cut by 80%	Cut by 20%	Cut by at least 80%, if not 100%	Increase by 30% or more

This Week I Am Cutting

STRESS BAROMETER



1. Nirvana 2. Some Stress 3. Some Stress+ 4. Heavy Stress 5. High Stress, Always

What am I observing this week? Describe situations associated with highest or lowest levels of stress. Link with sugar or food cravings.