

Weight Loss Checklist

By Kimberly French

- Nutrition Plan
 - Determine the most realistic and scientifically-proven weight-loss plan.
 - Search for credible public websites providing education on weight loss.
 - Plan your meals weekly.
 - Always prepare your grocery shopping lists before going shopping.
 - Focus on fruits, vegetables and whole grains.
 - Create your own personal calorie and fat gram list.
 - Create your own snacking system.
- Exercise Agenda
 - Start exercising two to three days per week.
 - Use the proper weights.
 - Use an exercise journal which records exercise time and intensity.
 - Track weight-loss progress with a weekly weigh-in and body fat check.
 - Taking body measurements on a weekly or monthly basis.
- Social Support
 - Make sure you get support from surrounding family, friends, coworkers and/or members of the weight-loss program you choose.
 - Attend online support groups.
 - Subscribe to weight-loss forums.
 - Subscribe to educational newsletters, which enhance weight loss.