

-Weight Loss Checklist-

-by Corey Bustos



Ready to get started with your weight loss transformation?

The checklist below will help you take action with diet and exercise, start losing weight right away, and set you up for success on the journey ahead.

Follow the list, and check the boxes as you complete each step to give yourself an amazing first week of weight loss.

Below the checklist, there is a page with important weight loss concepts to remember and internalize, to make sure that you are getting the best results and also to keep you in a positive mindset that will help you stay on track.

If you haven't started your [8-week challenge](#) yet, check it out! This checklist is a perfect way to start your first week.

You can do this!

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- Take a before picture, you won't regret it!**
- Note your starting weight**
- Set a goal, how many pounds do you want to lose? What do you want to look like? What do you want to DO?**
- Connect with your number one reason for wanting to lose weight**
- Add 3 whole, healthy foods to your grocery list**
- Make 1-3 healthy trades, even if they are processed**
- Pick a go-to protein food**
- Go healthy grocery shopping**
- Cook your first healthy meal, and eat!**
- Drink 3 (extra) cups of water every day**
- Exercise at least 3 times this week, for at least 10 minutes**
- Find an activity that you actually enjoy**
- Eat at least one healthy meal every day, in your first week**

- **Eat whole food, such as whole grains, fruit, nuts, and vegetables**
- **Vegetables (especially leafy greens) are the absolute best weight loss foods**
- **Don't cut fats and carbs, choose the right ones**
- **Make changes in steps**
- **Make healthy additions, don't struggle with restriction**
- **Eat healthy to replace cravings**
- **Exercise AND diet for the best results**
- **Use resistance workouts to burn fat, and build muscle**
- **If walking hurts, do sitting down exercises**
- **When times get hard, don't give up, even if you slow down**
- **When you do give up, change your mind tomorrow**
- **Imagine the future you, believe in yourself!**

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The contents of this book are the opinions of the author and should not be taken as medical advice. Always consult your healthcare professional before beginning any exercise or diet program.

If you experience any pain or difficulty during exercise, stop and consult your healthcare provider. Participants assume all risks associated with exercise activity and dietary changes. Neither Corey Bustos nor TheShapeWithin.com will be held liable for any injuries that occur.

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