

The Warm Up Plan Goals

Copy this page and post it somewhere visible and score yourself daily on whether you do these basic things. After a week, you should start noticing positive changes in your mood and your body.

	Date															
1	Eat a good breakfast within three hours of getting up. Don't skip this meal!															
2	Eat nothing after dinner															
3	Exercise or move for at least thirty minutes every day (Moderate activity, such as walking, is fine)															
4	Add at least two servings of "A-List" vegetables daily															
5	Add at least one servings of "A-List" fruit daily															
6	Limit your "white starch" carbohydrate intake to just one serving daily, if any. Try to make the rest (or all) of your carbs whole wheat, whole grain, etc.															
7	Allow yourself one small dessert every other day (confirm serving size). Eat it slowly and enjoy!															
8	Try to drink at least six 8-ounce glasses of water a day															
9	Have some protein at each meal															
10	Your alcohol allowance: One serving per day of wine, beer, or a non-sweetened mixed beverage (optional)															

Read through the Nine Turning Points in *Eat, Drink, and Weigh Less*, thinking about how they can fit in your life. You can keep eating the foods you are used to, but make room on your plate -and in your life - for incorporating as many of these recommendations as you can. Remember to keep tabs on your weight once a week using the scale, at the same time of day, and in the same clothes. Don't forget to take a deep breath, eat slowly, and take your daily multivitamin.