Your 17 Day Diet Pre-Weight Loss Plan Checklist

Courtesy of: 17DayDietBlog.com

1. **Sign up for our <u>free guide</u>** and get acquainted with the diet -- includes all <u>food</u> <u>lists</u>, <u>sample menus</u>, recipes, etc.

2. **Sign a Diet Contract with Yourself** -- by formally committing to the diet, this signed contract will help keep yourself accountable and successful. (<u>click here to download</u> <u>a weight loss contract</u>)

3. **Join a support group** for constant encouragement from others. (join our Facebook Page).

4. **Buy a weight scale that measures in .2 pound increments** -- You'd be surprised how many times you might be shy of pound by one or two ounces. It can get very discouraging not seeing the scale move as quickly as you'd like it to. So if you get a scale that measures in .2 pound increments, you'll see every ounce of progress along the way! (here's a great scale I use)

5. **Get your food journal ready**. It's been known that keeping track of what and how much you eat actually helps you lose weight (<u>download your food journal here</u>)

6. **Get your daily weight loss tracker ready** -- remember, every ounce counts! (download your weight tracker here)

7. **Buy a pair of inexpensive dumb bells** for your 17 Day Diet walking workouts (to maximize caloric burn). Start small and go for 2 to 3 pound weights -- you'll be surprised at how well they work, even when they don't weight that much! (<u>here are some great dumbbells here</u>)

8. **Plan ahead for your first week** -- get your meal plans and your grocery list ready a week before you're ready to start your diet. This will give you a quick head start and help you become more successful. (read blog post for some helpful ideas)

9. **Get an exercise buddy** -- getting fit is more fun when you can exercise with someone you like. Having a buddy also helps keep each of you motivated and accountable!

10. **Surround yourself with positive people** and keep a positive mindset (<u>read blog</u> <u>post now</u>)

**** Bonus **** If you're feeling a bit overwhelmed and don't know quite where to start, get a little extra help -- consider <u>My Diet Success Kit</u>.

My Diet Success Kit offers all the tools you need to help you prepare for a successful weight loss journey while saving you time, keeping you motivated along the way and helping you reach your goal quickly so you can feel healthier faster! <u>Read more about the kit now.</u>

http://www.17DayDietBlog.com

