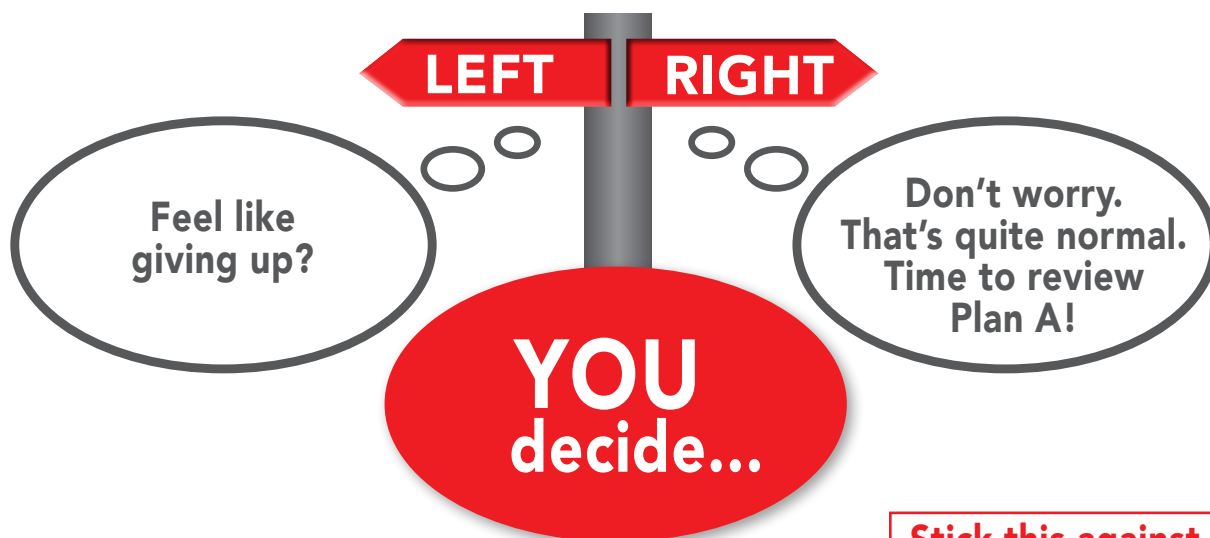


**ANCHOR YOUR AMBITION TO LOSE WEIGHT ON A DAILY BASIS**

**Why?** You will encounter days when you feel overwhelmed by all your responsibilities, disappointed with your weight-loss results or just despondent with life in general. On these days you will feel like throwing in the towel.



## My Plan "A"

### MY WEIGHT LOSS AMBITION:

**Stick this against your bathroom door**

- 1 On a scale of 1-10, how important is this personal goal to me?  
.....
- 2 How much weight do I want to lose?  
.....
- 3 Why do I want to lose this weight?  
.....  
.....
- 4 What other rewards will weight-loss offer me?  
.....  
.....
- 5 How am I going to achieve this ambition?  
.....  
.....

**Now imagine how great you will feel when you achieve this goal...**

**MAKE IT EASIER TO STICK TO A DIET BY CHALLENGING YOUR OWN THOUGHTS**

**Why?** you have been programmed to always eat more than you need.  
 You need to re-programme this habit.



**Stick this against your bathroom door**

**THIS PROGRESS CHART BELONGS TO:** \_\_\_\_\_

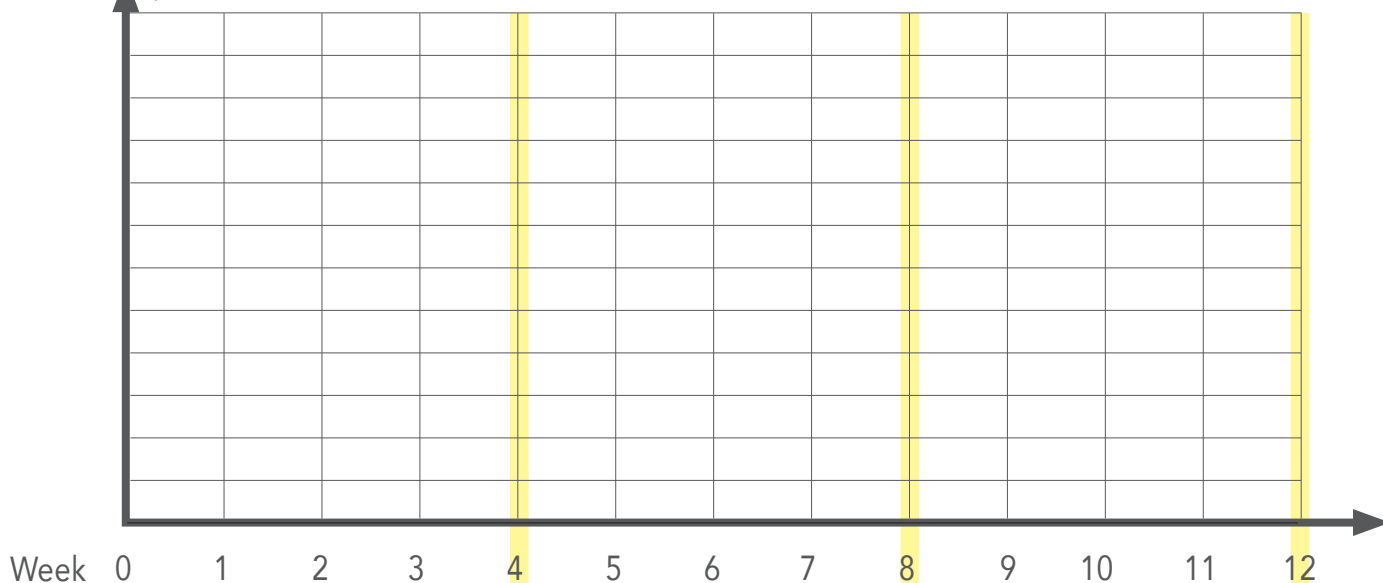
(Your name)

Your gender: \_\_\_\_\_ Your age: \_\_\_\_\_ Your city: \_\_\_\_\_ Your country: \_\_\_\_\_

**Completing this document reinforces your commitment to gain control of your weight.**

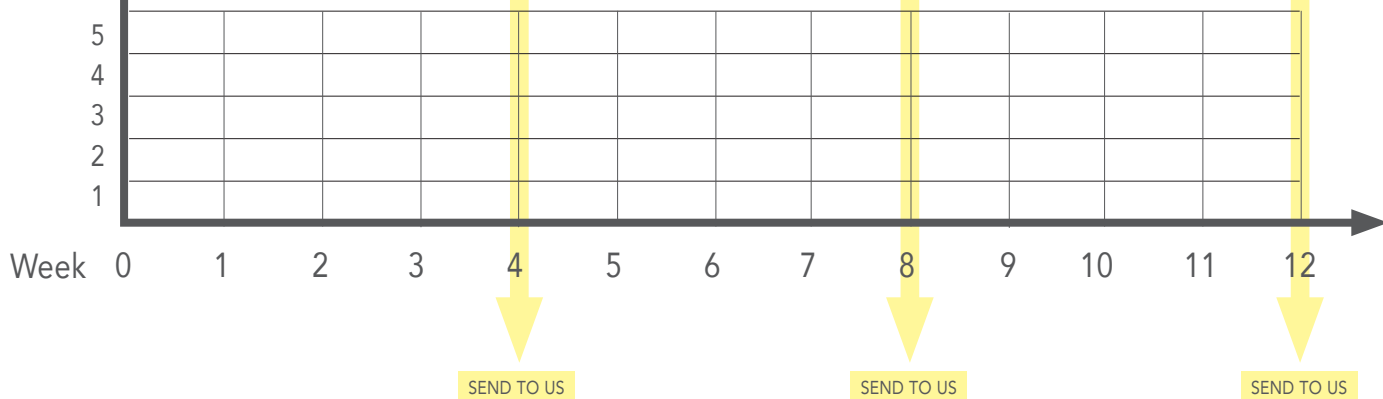
**WEEKLY WEIGHT**

Enter your starting weight here and draw a graph of your weekly progress



**WEEKLY EXERCISE DONE**

Record the quantity of exercise sessions you do per week by colouring in the blocks



Thank you for completing and returning this document to us. It allows us to track your progress and will assist us with our research. We assure you that your identity will be kept strictly private and you statistics, which will aid us in improving our programme, will be completely anonymous. Your contribution is appreciated.

**Mail to: [info@mnilifestyle.co.za](mailto:info@mnilifestyle.co.za)**