# *Goal Tracker*

THE GOAL: _____

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| **SPECIFIC:** DESCRIBE YOUR GOAL IN DETAIL |
| **MEASURABLE**: LIST THE MEASURES YOU WILL USE TO TRACK YOUR GOAL |
| **ATTAINABLE**: LIST THE ACTIONS YOU NEED TO TAKE TO REACH YOUR GOAL |
| **YOUR WHY**: DESCRIBE WHY THIS GOAL IS WORTH ACHIEVING FOR YOU |
| **TIMED**: WRITE THE DATE YOU WILL ACHIEVE THIS GOAL BY |

# *WHAT YOU NEED TO STOP DOING*

**STOP DIETING:** Caloric restriction, eating too little, reducing your intake of protein, reducing portions significantly will work AGAINST you if you're a man in your 40s, 50s and 60s who's trying to lose weight.

If what you're doing isn't working you need to **STOP**, let your body rest and reset and then try a different strategy.

**DON'T DO IT ALONE:** Find a community of people who are in the same situation as you are and who have the same goals so you don't feel like you are alone. This can be an online group, your spouse or a friend who also wants to lose weight.

Accountability is KEY.

**BE SELECTIVE ABOUT YOUR APPROACH:** Do not go on a diet or chose a weight loss program that doesn't but your health first. Think about it: If you are not getting optimal nutrition then how is your body going to function optimally?

FOCUS ON YOUR NUTRITION. Focus on the quality of the calories that you're eating, not the quantity!

**WILLPOWER ISN'T THE PROBLEM:** Stop believing that it is willpower that is holding you back from getting rid of your belly fat. Your body is complex and not getting the proper nutrition causes it to be out of balance.

**The fact that your body is out of balance is the PROBLEM,** not your lack of willpower.

**STOP BEATING YOURSELF UP FOR FAILING IN THE PAST:** You've probably tried many different approaches/diets to lose weight, lost weight and gained it back, felt demoralized, frustrated, confused and defeated. Guess what? **IT'S NOT YOUR FAULT!**

You have been given bad advice that does not work for men in their 40s, 50s and 60s. This advice might have come from your doctor, your friends, your family OR EVEN FROM A WEIGHT LOSS CLINIC. You don't know what you don't know.

# Are You Done Trying to Figure Things Out on Your Own?

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- **BOOK A FREE CONSULTATION**
- **GOOGLE REVIEWS**
- **Website: www.trnutrition.com**
- **Send me a message in FB Messenger: m.me/trina.rys**
- **Send an email: trina.rys@trnutrition.com**