

# Weekly Checklist

- ☐ **Prepare your foods for the week** to make combining the right foods quick and easy. For example: grilling chicken and veggies, roasting sweet potatoes, making a batch of oatmeal, etc.
- ☐ **Make a plan for when you'll exercise** and how you'll get more active.
- ☐ **Identify any obstacles in your way**, so we can come up with a plan to overcome them together as a team.
- ☐ **Attend the group coaching calls** and engage in the community site for additional support, encouragement, and accountability.
- ☐ **Watch the Lesson Plan Videos** and let your coach know if you have questions or bring them to the group coaching calls for answers.
- ☐ **Measure your progress on the same day/time each week** by weighing yourself and measuring the circumference of your waist (refer to the "Measuring Progress" Lesson Plan video).