

Daily Checklist

- ☐ **Implement your plan for the day**, following these key principles and guidelines:
 - ☐ **Focus on natural carbs** and limit/avoid processed carbs.
 - ☐ **Include a protein and healthy fat** (with your natural carbs) at each snack and meal.
 - ☐ **Eat slowly and mindfully** and stop eating when comfortably full.
 - ☐ **Drink water** at each snack and meal and throughout the day.
 - ☐ Take every opportunity to **stay as active as possible**.
- ☐ **Plan your tomorrow with your Daily Planner** and let your coach know when it's ready for feedback (**IMPORTANT**).
- ☐ **If you stray from the plan, learn from your mistakes, put it behind you, and get right back on track.** We're here for you if you have questions or need support, encouragement, or accountability.