Winning the Losing Battle Checklist

My name is _____________________________________ Goal weight _________

Goal #1 – Eat right (80% of the weight loss equation!):
☐ I will never go on a diet again, nor over-deprive myself; instead I will use discretion
☐ I have completed my Healthy Snacks List (and made the snacks available – see other side)
☐ I have familiarized myself with the Half/Three-Sixths Rule and will try to follow it – eating mostly foods with a high Nutrient:Calorie or N/C ratio (the “Whatever” portion has a very low N/C ratio – eat little of this!)
Reading a highly-recommended book, Eat to Live, by Joel Fuhrman, M.D., will make this a lot easier; however, you may want to read it more as a nutrition book than a diet book (see the first point above).
☐ I am making a conscious effort to eat more healthily-prepared vegetables
☐ I have started paying more attention to my true hunger level (CYFG – see other side)
☐ I am going to address any elevated stress levels or sleeping problems I have
☐ I am going to try hard to eat mostly when I’m truly hungry, and less:
   ○ When I’m simply craving something ○ Because “it’s there” (“see food” diet)
   ○ When I’m bored ○ To stay awake
   ○ When I’m stressed or depressed ○ As a reward
   ○ Out of habit or addiction ○ When I’m simply thirsty (drink water!)

Goal #2 – Exercise (e.g., brisk walk, cycling, sport, dancing, swimming):
☐ I’m going to try hard to get into the habit of exercising regularly, targeting six (6) days per week, for 15+ minutes (anyone can carve out 15 minutes a day!). The more cardio (getting your heart rate up for an extended period of time, which is manifested by huffing and puffing), the better!

   Ideas for exercise (type):
   1. ____________________________________________ ☐ I have set myself a daily reminder (on calendar)
   2. ____________________________________________
   3. ____________________________________________
   4. ____________________________________________

I have chosen one of the following to accompany me while I exercise:
☐ My spouse or friend(s) – Name(s): ______________________________________________
☐ Headphones (not in the water) – I will listen to:
   ○ Music ____________________________________________
   ○ Book on tape ____________________________________________
   ○ Talk/Speech/Discourse ____________________________________________
   ○ Other ____________________________________________

Current weight _____. Goal weight after 3 mos: ____ (at least 5 lbs.). Follow-up date: _________

*Requires a calorie deficit of only 200 calories/day – I recommend eating 100 fewer and exercising 100 off! However, if you follow the Half/Three-Sixths Rule (other side), you will not have to worry about counting calories or going hungry!
The Half/Three-Sixths Rule*

**In other words, ≥83% of your intake needs to be plant-based!** Examples:

**Healthily-prepared vegetables** (not fried, breaded, or soaked in butter or margarine), for example:
- Asparagus, broccoli, carrots, celery, corn, cucumbers, green beans & peppers, jicama, zucchini

**Fruits**, for example:
- Apples, bananas, blueberries, grapefruit, grapes, kiwi, nectarines, oranges, peaches, strawberries

**Legumes** (things that come in pods – good source of plant protein), for example:
- Beans (red, black, green, pinto, kidney, soy), peas (green, sugar, chick, black-eyed), lentils, peanuts

**Whole grains** (not including things that claim to be "made with whole grain" with little fiber), for example:
- Whole wheat/grain breads and cereal (high-fiber – target 23 grams per serving)

**Other nuts & seeds**, for example:
- Walnuts, pecans, almonds, cashews, macadamias, pistachios, flaxseed, sunflower and pumpkin seeds

**Whatever** (which may include any of the above or less-healthy stuff, such as any type of animal protein, processed foods, or sweets), for example:
- Sugared drinks, soft candy, white bread/rice/pasta, cake, donuts, low-fiber cold cereal, most pizza, fried foods, all meats, eggs, dairy products (milk, cheese, ice cream, etc.), chips, fatty or sugary toppings or dressings, oils (including olive oil), unhealthily-prepared potatoes (including sweet)

*Aplies to lunch, dinner and snacks. For breakfast, follow these 3 rules: 1) Eat it, 2) make it medium-sized, and 3) include 5 grams of fiber &/or plant protein. A good breakfast always includes fruit, and you can fill in the rest with something like a slice of whole-grain toast with spray butter and/or real fruit spread, or a medium-sized bowl of high-fiber cereal such as shredded wheat or raisin bran (with skim or 1% milk). Follow the guidelines above.

**What this means** is that, in order to reap the many benefits (outlined below), we must completely change our concept of a main dish, and make salads or other healthily-prepared vegetable dishes our main dish. You will see that this is not as painful as it may seem. You can make your meals interesting and hearty (satisfying) and variable – and yet they do not have to be more difficult than before. You can make many different types of salads, which should seldomly include pasta, oils, or meat – and add berries and seeds to them (e.g., Craisins and sunflower seeds), along with many different types of vegetables and fruits (and mushrooms and onions). Meats and processed foods should be more of a side dish or an afterthought, kept in their 1/6th place, eaten much more sparingly than that to which you are normally accustomed!

**My Favorite Healthy Snacks**

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**Checking Your Fuel Gauge**

Whenever you are hit with a craving or need to feed, stop and Check Your Fuel Gauge (CYFG). Are you really hungry, or are you eating for some other reason like habit, addiction, etc.? If that’s enough to redirect you to do something else (productive), great. Otherwise, instead of overindulging, either: 1) Drink water or another calorie-free drink, 2) eat one of your healthy snacks listed above (or chew gum), 3) brush your teeth, or 4) eat a small amount to satisfy your craving and then do one of the above. Always try to follow the Half/Three-Sixths Rule above!