



Getting started

This 4-week plan is perfectly balanced yet incredibly simple to follow. Simply complete these eight statements each day and monitor your progress using the Monitor provided.

1. Start each day with a healthy breakfast, within an hour of waking, to provide energy for the day.
2. Drink at least 6-8 glasses of water a day to keep hydrated (unless you have a medical condition that advises against this)
3. Achieve 30 minutes plus of moderate exercise per day; or 10,000 plus steps (using a pedometer) per day; and in addition try to build activity into your daily routine (walk short distances rather than drive, use stairs rather than the lift, commute in a healthy way and sit less each day). If you are not used to exercising, start with 10-15 minutes of moderate exercise a day in week 1, then at the end of each week add 10-15 minutes more exercise each day so that you build up gradually. Weight gain is caused by taking in more calories than you expend – exercise is critical in helping to redress this balance.
4. Implement a “no food after 7.30pm curfew” – so no TV snacking (unless you have a medical condition that advises against this).
5. Cut down/cut out alcohol consumption.
6. Eat lower fat alternatives
7. Eat less high sugar foods (chocolate, sweets, and pastries) and eat less starchy carbohydrates, such as bread, potatoes, pasta, and rice.
8. Eat more fruit, salad, vegetables to replace the bulky carbohydrates, sugary snacks and fast foods.

This 4-week plan is perfectly balanced yet incredibly simple to follow. Simply complete these eight statements each day and monitor your progress using the Personal training plan on the next page.

Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.



Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.:

Week 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Eat a healthy breakfast							
Drink at least 6-8 glasses of water							
Achieve 30-minutes of exercise or get more active							
Implement a 'no food after 7.30pm' curfew							
Cut down/cut out alcohol							
Eat lower fat alternatives							
Eat smaller portions of sugars and carbohydrates							
Eat more fruit, salad and vegetables							
I kept to my plan today (tick if yes; cross if no)							

Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Eat a healthy breakfast							
Drink at least 6-8 glasses of water							
Achieve 30-minutes of exercise or get more active							
Implement a 'no food after 7.30pm' curfew							
Cut down/cut out alcohol							
Eat lower fat alternatives							
Eat smaller portions of sugars and carbohydrates							
Eat more fruit, salad and vegetables							
I kept to my plan today (tick if yes; cross if no)							

Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Eat a healthy breakfast							
Drink at least 6-8 glasses of water							
Achieve 30-minutes of exercise or get more active							
Implement a 'no food after 7.30pm' curfew							
Cut down/cut out alcohol							
Eat lower fat alternatives							
Eat smaller portions of sugars and carbohydrates							
Eat more fruit, salad and vegetables							
I kept to my plan today (tick if yes; cross if no)							

Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Eat a healthy breakfast							
Drink at least 6-8 glasses of water							
Achieve 30-minutes of exercise or get more active							
Implement a 'no food after 7.30pm' curfew							
Cut down/cut out alcohol							
Eat lower fat alternatives							
Eat smaller portions of sugars and carbohydrates							
Eat more fruit, salad and vegetables							
I kept to my plan today (tick if yes; cross if no)							

REVIEW	START	End Week 1	End Week 2	End Week 3	End Week 4
My Weight					
My weight has reduced by					

After 4 weeks complete this review

The habits that I find easy to maintain are:	The habits that I find hard to maintain are:

After 4 weeks complete this review

Continue to: (These are the habits you found easy and that you no longer need to monitor as you now don't think about doing them you just do them.)	Specifically plan to: (These are the habits you need to plan to do and monitor on a daily basis. Print off your 4-week plan again but only include these items now.)

Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time - in other words 5 days out of 7.