

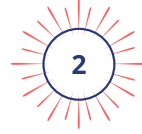
The First Four Mini Course

{Four First Weight Loss Steps to Take}



1 Decide Ahead of Time

- Write your Eating Plan for tomorrow the night before-- or for today first thing in the morning
- "Don't take a bite until you write!"
- Write down exactly
 - **Type**-- what foods you will eat
 - **Time**-- approximate times you will eat and how many eating instances
 - **Amount**--this will include the amount in whatever measurement your protocol uses (no protocol yet - just estimate for now); calories or points or protein or carbs, etc. or whatever your protocol dictates
- Do this for a whole day
 - Not just before each meal
 - Not as you eat
 - Use your pre-frontal cortex to decide ahead of time not your toddler brain that will tell you to eat something off plan



2 Sleep Glorious Sleep

- Determine how much sleep you need
 - To feel amazing
 - To not have an afternoon slump (we can get rid of that with timed eating and food choices in the afternoon eventually)
 - To not need a nap (though you can take one if it doesn't interfere in your night sleep- but you shouldn't use it to "make up" for last night)
- Set alarm tomorrow based on the amount of sleep you need if possible
- Move sleep time up earlier in increments of 15 minutes or so as needed (and get up earlier to be sleepy enough that night!)
- Use melatonin at first to help you fall asleep
- Have set time to turn off electronics and lights; have reading light if absolutely needed
- Sleep takes work and self discipline at first-- be willing to do what it takes!



3 H2O All Day!

- Half your weight in ounces of water
- May include some flavored water, etc., but don't count coffee, tea, diet drinks, etc. in your water count
- Have clear cut plan to get water in
- Alternate coffee-water-coffee-water or other beverages
- Don't drink calories (or drink very few calories!)



4 Incorporate Timed Eating

- Start where you're at in an effort to eat a few number of hours each day
- Eat in consecutive hours (eat for 6 or 8 or 10 consecutive hours; this is true time-restricted eating)
- Write down eating times in your Decide Ahead of Time Journal for the day (previous night or morning of)
- Use coping techniques taught here:
<https://donnareish.com/5-tips-for-hunger-in-daily-intermittent-fasting/>
- Reduce eating window incrementally-- start by eating one hour less tomorrow than you usually do; follow that for a few days then another hour, etc.

Decide Ahead of Time Journal Page

Self Integrity:

- Journal page for: _____ (date)
- Prepared Night Before Morning

Decide Ahead of Time!

Use Your Eating Protocol to Decide Tomorrow


WHAT,
WHEN,
and the **AMOUNT**

You Will Eat Tomorrow!

You Propel What You Plan:

Plan the Day's Food

- Food #1 Meal Snack • Time: _____ 
- Foods and Amounts:

 _____

- Food #2 Meal Snack • Time: _____
- Foods and Amounts:

- Food #3 Meal Snack • Time: _____
- Foods and Amounts:



I turned all electronics off at _____.

I slept _____ hours from _____ to _____.



I drank _____ ounces of water:



You Move What You Measure--

Evaluate This Day's Eating Protocol:

- Fasting Coping Techniques That Helped: _____
- Craving/Buffering Techniques That Helped: _____
- Changes for Next Day: _____