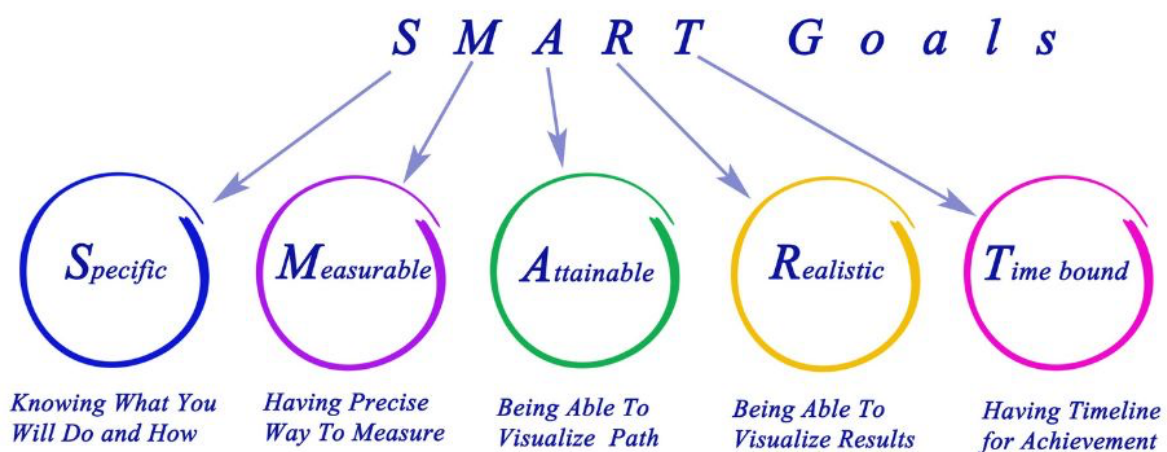




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- A study in 126 overweight women participating in a weight loss program found those who were process-focused were more likely to lose weight and less likely to deviate from their diets, compared to those who focused on weight loss outcomes alone.
- Consider setting smart goals to set strong goals. smart stands for:



Example:

Specific – I would like to lose 15 pounds in 3 months

Measurable – I will track my calories and physical exercise using a meal plan / fitness app

Attainable – I will exercise by walking for 20 minutes, 3 times a week

Realistic – I want to lose weight to improve my health, increase my energy and feel more confident

Time Bound – I will lose the weight in 3 months by making consistent choices