

Daily Habits for Long Term Weight Loss Checklist

Work through the list of habits below. Decide for each whether you do it consistently, or if perhaps you need to keep working on it to ensure you make the most of your sleeve.

Habit	Needs a lot more work	Needs a bit more work	Nailing it!
I eat three meals each day			
I check if I'm actually hungry before I snack			
My meals are usually about half protein & half veg			
I take 20-30 minutes to eat my meal			
I take teaspoon sized mouthfuls			
I rest between each mouthful			
I alternate my mouthfuls: protein, veg, protein, veg			
I don't eat and drink at the same time			
I stop eating when I am about 7/10 full			
I don't eat in front of the TV, computer or my phone			
I am organised with my food to reduce rushed choices			
I leave food on my plate			
I focus on quality, not quantity			
I get enough sleep			
I drink enough to be hydrated all day			
I choose water first rather than sugary drinks			
I take my supplements daily			
I move my body every day			
I take time out for myself			
I am seeing my team regularly to check in			

The one habit I'm going to focus on first is...

1. _____